THE

ENGLISH HOUS-WIFE,

CONTAINING

The inward and outward Vertues which ought to be in a compleat Woman:

As her skill in Phyſick, Surgery, Cookery, Extraction of Oyles, Banquetting ſtuffe, Ordering of great Feaſts, Preſerving of all ſorts of Wines, conceited Secrets, Diſtillations, Perfumes, ordering of Wool, Hemp, Flax: making Cloth and Dying; the knowledge of Dayries: Office of Malting; of Oats, their excellent uſes in a Family: of Brewing, Baking, and all other things belonging to an Houſhold.

A Work generally approved, and now the ſeventh time much augmented, purged, and made moſt profitable and neceſſary for all men, and the generall good of this *NATION.*

By G. M.

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BRITISH MUSEUM

TO THE RIGHT

HONOURABLE

And moſt Excellent Lady,

FRANCIS, Counteſſe Dowager of *EXETER*.

HOwſoever, (Right Honourable and moſt vertuous Lady) this Book may come to your Noble goodneſſe cloathed in an old name or garment, yet doubtleſſe, (Excellent Madam) it is full of many new vertues, which will ever admire and ſerve you; and though it can adde nothing to your owne rare and unparalleled knowledge, yet may it to thoſe noble good ones, (which will indeavour any ſmall ſpark of your imitation) bring ſuch a light as may make them ſhine with a great deal of charity. I do not aſſume to my ſelfe, (though I am not altogether ignorant in ability to judge of theſe things) the full intention, and ſcope of this whole work: for it is true, great Lady, that much of it was a Manuſcript, which many years agone be-

longed to an Honourable Counteſſe, one of the greateſt Glories of our Kingdome, and were the opinions of the greateſt Phyſicians which then lived; which being now approved by one not inferiour to any of the profeſſion, I was the rather imboldned to ſend it to your bleſſed hand, knowing you to be a Miſtreſſe ſo full of Honourable piety and goodneſſe, that although this imperfect offer may come unto you weak and diſable, yet your noble vertue will ſupport it, and make it ſo ſtrong in the world, that I doubt not but it ſhall doe ſervice to all thoſe which will ſerve you, whilſt my ſelfe and my poor prayers ſhall to my laſt gaſp labour to attend you.

The true admirer of your
Noble vertues,

Gervaſe Markham.

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THE

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THE

THE APPROVED

BOOKE

CALLED THE

ENGLISH HOUSWIFE,

CONTAINING

All the vertuous Knowledges and Actions both of mind and body, which ought to be in any compleat Houſe-wife *of what degree or calling ſoever.*

The Second Book.

CHAP. I.

Of the inward vertues of the mind, which ought to be in every Houſ wife. And firſt of her general knowledges both in Phyſick and Surgery, with plain approved medicines for health of the Houſehold; alſo the extraction of excellent Oyles fit for thoſe purpoſes.

HAving already in a ſummary briefneſs paſſed through thoſe outward parts of Huſbandry which belong unto the perfect Husbandman, who is the Father and Maſter of the Family, and whoſe Office and imployments are ever for the moſt part abroad, or removed from the houſe, as in the Field or yard: It is now meet, that we deſcend in as orderly a Method as wee can, to the office of our Engliſh *Houſe wife*, who is the mother and Miſtriſſe of

the family, and hath her moſt generall imployments within the houſe; where from the generall example of her vertues, and the moſt approved skill of her knowledges thoſe of her Family, may both learn to ſerve God, and ſuſtain man in that godly and profitable ſort, which is required of every true Chriſtian.

A Huſwive muſt be religious.

Firſt then to ſpeak of the inward vertues of her mind, ſhe ought, above all things, to be of an upright and ſincere Religion, and in the ſame both zealous and conſtant, giving by her example, and incitement and ſpur, unto all her family to purſue the ſame ſteps, and to utter forth by the inſtruction of her life, thoſe vertuous fruits of good living, which ſhall be pleaſing both to God and his creatures. I do not mean that herein ſhe ſhould utter forth that violence of ſpirit, which many of our (vainly accounted pure) women do, drawing a contempt to the ordinary Miniſtry, and thinking nothing lawfull but the fantaſies of their own invention, uſurping to themſelves a power of preaching and interpreting the holy Word, to which onely they ought to be but hearers and believers, or at the moſt but modeſt perſwaders; this is not the office either of good Houſewife, or good woman. But let your Engliſh Houſewife be a godly, conſtant, and Religious woman, learning from the worthy Preacher and her Husband, thoſe good examples which ſhe ſhall with all carefull diligence ſee exerciſed amongſt her Servants.

In which practiſe of hers, what particular rules are to be obſerved, I leave her to learn of them who are profeſſed Diviner, and have purpoſely written of this argument; only thus much will I ſay, which each ones experience will teach him to be true, that the more carefull the maſter and miſtriſs are to bring up their ſervants in the dayly exerciſes of Religion toward God, the more faithfull they ſhould find them in all their buſineſſes towards men, and procure Gods favour the more plentifully on all the houſhold: and therefore a ſmall time, morning and evening beſtowed in Prayers and other exerciſes of Religion, will prove no loſt time at the weeks end.

She muſt be temperate.

Next unto her ſanctity and Holineſſe of life, it is meet that

that our Engliſh Houſwife be a woman of great modeſty and temperance, as well inwardly as outwardly: Inwardly, as in her behaviour and carriage towards her Husband, wherein ſhe ſhall ſhun all violence of rage, paſſion and humour, coveting leſſe to direct then to be directed, appearing ever unto him pleaſant, amiable, and delightfull; and, though occaſion of miſhaps, or the miſ-government of his will may induce her to contrary thoughts, yet vertuouſly to ſuppreſs them, and with a mild ſufferance rather to call him home from his error, then with the ſtrength of anger to abate the leaſt ſpark of his evill, calling into her mind that, evil and uncomely language is deformed though uttered even to ſervants, but moſt monſtrous and ugely when it appeares before the preſence of a Husband: Outwardly, as in her apparrel and dyet, both which ſhe ſhall proportion according to the competency of her Husbands eſtate and calling, making her circle rather ſtrait then large: for it is a rule, if wee extend to the uttermoſt, wee take away increaſe; if wee goe a haires breath beyond, wee enter into conſumption: but if we preſerve any part, we build ſtrong forts againſt the adverſaries of fortune, provided that ſuch preſervation be honeſt and conſcionable: for as laviſh prodigality is bruitiſh, ſo miſerable covetouſneſs is helliſh. Let therefore the Houſewives garments be comely and ſtrong, made as well to preſerve the health, as to adorn the perſon, altogether without toyiſh garniſhes, or the gloſs of light colours, and as far from the vanity of new and fantaſtick faſhions, as neer to the comely imitation of modeſt Matrons Let her dyet be wholſome and cleanly, prepared at due hours, and Cookt with care and diligence, let it be rather to ſatisfie nature, then our affections, and apter to kill hunger then revive new appetites; let it proceed more from the proviſion of her own yard, then the furniture of the Markets; and let it be rather eſteemed for the familiar acquaintance ſhe hath with it, then for the ſtrangeneſs and rarity it bringeth from other Countries. Other Garments. Of her Dyet.

To conclude, our Engliſh Houſwife muſt be of chaſte thought ſtout courage, patient, untyred, watchfull, diligent, witty, pleaſant, conſtant in friendſhip, full of good Neighbour-hood, wiſe in Diſcourſe, but not frequent therein, ſharp and quick Her general Vertues.

of speech, but not bitter or talkative, secret in her affaires, comfortable in her counsels, and generally skilfull in the worthy knowledges which do belong to her vocation; of all, or most whereof, I now in the ensuing discourse intend to speak more largely.

Of her vertues Of her knowledge in Physick.

To begin then with one of the most principall vertues which do belong to our English Hous-wife; you shall understand, that sith the preservation and care of the family touching their health and soundnesse of body consisteth most in the diligence of her, it is meet that she have a physicall kind of knowledge, how to administer many wholsome receipts or medicines for the good of their healths, as well to prevent the first occasion of sicknes, as to take away the effects and evill of the same, when it hath made seasure on the body. Indeed we must confesse that the depth and secrets of this most excellent Art of Physick, are far beyond the capacity of the most skilfull woman, as Lodging only in the breast of learned professors, yet that our Hous wife may from them receive some ordinary rules and medicines, which may avail for the benefit of her Family, is (in our common experience) no derogation at all to that worthy Art. Neither do I intend here to load her mind with all the Symptomes, accidents, and effects which go before or after every sicknes, as though I would have her to assume the name of a Practitioner, but only relate unto her some approved medicines, and old Doctrines which have been gathered together, by two excellent and famous Physitians, and in a Manuscript given to a great worthy Countesse of this Land, (for far be it from me to attribute this goodnesse unto mine own knowledge) and delivered by my common and ordinary experience, for the curing of those ordinary sicknesses which dayly perturb the health of men and women.

Dr. *Burker.* Dr. *Bomelius.*

Of Fevers in generall.

First then to speak of Feavers or Agues; the House-wife shall know those kinds thereof, which are most familiar and ordinary as the *Quotidian* or dayly Ague, the *Tertian* or every other dayes ague, the *Quartan* or every third dayes ague, the Pestilent, which keepeth no order in his fits, but is more dangerous and mortal: And lastly, the accidentall Fever, which proceedeth from the receit of some wound, or other painfull Perturbation of

of the ſpirits. There be ſundry other Feavers, which comming from Conſumptions, and other long continued ſickneſſes, do altogether ſurpaſſe our Houſ wives capacity.

Firſt then for the *Quotidian* (whoſe fits alwaies laſt above twelve hours) you ſhall take a new laid egg, and opening the crown, you ſhall put over the white, then fill up the ſhell with good *Aquavitæ*, and ſtir it and the yolk very well together, and then as ſoon as you feel your cold fit begin to come upon you, ſup up the egg, and either labour till you ſweat, or elſe laying great ſtore of cloaths upon you, put your ſelfe in a ſweat in your bed; and thus do while your fits continue; and for your drink, let it be only poſſet ale. Of the quotidian.

For a ſingle *Tertian* feaver, or each other dayes ague, take a quart of poſſet ale, the curd being well drained from the ſame, and put thereinto a good handful of *Dandelion*; and then ſetting it upon the fire, boil it till a fourth part be conſumed, then as ſoon as your cold fit beginneth, drink a good draught thereof, and then either labour till you ſweat, or elſe force your ſelfe to ſweat in your bed; but labour is much the better, provided that you take not cold after it, and thus do while your fits continue, and in all your ſickneſſe, let your drink be poſſet ale, thus boiled with the ſame herb. Of the ſingle Tertian.

For the accidentall Feaver, which commeth by means of ſome dangerous wound received, although for the moſt part it is an ill ſigne, if it be ſtrong and continuing, yet many times it abateth, and the party recovereth when the wound is well tended and comforted with ſuch ſeverall balms, and hot oyles, as are moſt fit to be applied to the member ſo grieved or injured: therefore in this Feaver you muſt reſpect the wound from whence the accident doth proceed, and as it recovereth, ſo ſhall you ſee the Feaver waſt and diminiſh Of the accidental Fever.

For the *Hectique* Feaver, which is alſo a very dangerous ſickneſſe, you ſhall take the oyl of Violets, and mix it with a good quantity of the powder of white *Poppy-ſeed* finely ſearſt, and therewith annoint the ſmall and reins of the parties back, evening and morning, and it will not only give eaſe to the Feaver, but alſo purge and cleanſe away the dry ſcalings, which is ingendred either by this, or any other Feaver whatſoever. Of the Fever hectique.

For the quartan or for any fever.

For any feaver whatſoever, whoſe fit beginneth with a cold, Take a ſpoonful and a half of Dragon water, a ſpoonful of Roſe-water, a ſpoonful of running water, a ſpoonful of *Aqua vitæ*, a ſpoonful of Vinegar, and half a ſpoonful of *Mithridate*, or leſſe, and beat all theſe well together, and let the party drink it before his fit begin.

Of thirſt in fevers.

It is to be underſtood, that all feavers of what kind ſoever they be, and theſe infectious diſeaſes, as Peſtilence, Plague, and ſuch like, are thought the inflammation of the blood, and infinitely much ſubject to drought; ſo that, ſhould the party drink ſo much as he deſired, neither could his body containe it, nor could the great abundance of drink do other then weaken his ſtomack, and bring his body to certaine deſtruction.

Wherefore when any man is ſo overpreſſed with deſire of drink, you ſhall give him at convenient times, either poſſet ale made with cold herbs, as ſorrel, purſlin, Violet leaves, Lettice, Spinnage, and ſuch like, or elſe a Julip made as hereafter, in the peſtilent feaver, or ſome Almond milk; and betwixt thoſe times, becauſe the uſe of theſe drinks will grow wearieſome and loathſome to the patient, you ſhall ſuffer him to gargle in his mouth good wholſome beer or ale, which the patient beſt liketh, and having gargled it in his mouth, to ſpit it out again, and then to take more: and thus to do as oft as he pleaſeth, till his mouth be cooled: provided, that by no means he ſuffer any of the drink to go down; and this will much better aſſwage the heat of his thirſt, then if he did drink; and when apperite deſireth drink to go down, then let him take either his Julip or his Almond milk.

For any ague ſore.

To make a pultis to cure any ague-ſore, take elder leaves, and ſeeth them in milk till they be ſoft, then take them up and ſtrain them, and then boil it again till it be thick, and ſo uſe it to the ſore as occaſion ſhall ſerve.

The quartane Fever.

For the Quartain Feaver, or third day ague, which is of all Feavers the longeſt laſting, and many times dangerous Conſumptions, black Jaundies, and ſuch like mortal ſickneſſes follow it: you ſhall take Mithridate, and ſpread it upon a Lemon ſlice, cut of a reaſonable thickneſſe, and ſo as the Lemon be

be covered with the Mithridate; then bind it to the pulſe of the ſick mans wriſt of his arm, about an hour before his fit doth begin, and then let him go to his bed made warm, and with hot cloaths laid upon him, let him try if he can force himſelfe to ſweat; which if he do, then half an hour after he hath ſweat, he ſhall take hot poſſet-ale brewed with a little Mithridate, and drink a good draught thereof, and reſt till his fit be paſſed over: but if he be hard to ſweat, then with the ſaid poſſet ale, alſo you ſhall mix a few bruiſed Aniſeeds, and that will bring ſweat upon him: and thus you ſhall do every fit, till they begin to ceaſe, or that ſweat come naturally of its own accord, which is a true and manifeſt ſign that the ſickneſſe decreaſeth. To make a ſweat.

For the Peſtilent Feaver which is a continuall ſickneſſe full of infection and mortality, you ſhall cauſe the party firſt to be let blood, if his ſtrength will bear it: then you ſhall give him cool Julips made of Endive or Succory water, or the ſyrop of Violets, conſerve of Barberies, and the juyce of Lemons well mixed and ſymbolized together. The peſtilent feaver.

Alſo you ſhall give him to drink Almond-milk, made with the decoction of cool herbs, as Violet leaves, ſtrawberry leaves, french mallowes, purſline, and ſuch like; and if the parties mouth ſhall through the heat of his ſtomack, or liver, inflame, or grow ſore, you ſhall waſh it with the ſyrrop of Mulberries, and that will not only heal it, but alſo ſtrengthen his ſtomack. If (as it is moſt common in this ſickneſſe) the party ſhall grow coſtive, you ſhall give him a ſuppoſitory made of honey, boyld to the height of hardneſſe, which you ſhall know by cooling a drop thereof, and ſo if you find it hard, you ſhall then know that the honey is boyl'd ſufficiently; then put ſalt to it, and ſo put it in water, and work it into a roul in manner of a ſuppoſitory, and adminiſter it, and it moſt aſſuredly bringeth no hurt, but eaſe to the party, of what age or ſtrength ſoever he be: during his ſickneſſe you ſhall keep him from all manner of ſtrong drinks, or hot ſpices, and then there is no doubt of his recovery.

To preſerve your body from the infection of the plague, you ſhall take a quart of old ale, and after it hath riſen upon A preſervation againſt the plague.

the fire, and hath been scummed, you shall put thereinto of *Aristoloch a longa*, of *Angelica*, and of *Celandine*, of each half a handful, and boyl them well therein; then strain the drink through a clean cloath, and dissolve therein a dram of the best *Mithridate*, as much *Ivory* finely powdered and searst, and six spoonfuls of *Dragon* water, then put it up in a close glasse; and every morning fasting, take five spoonfuls thereof, and after bite and chaw in your mouth, the dried root of *Angelica*, or smell on a nosegay, made of the taffeld end of a ship rope, and they will surely preserve you from infection.

For infection of the plague

But if you be infected with the plague, and feel the assured signs thereof, as pain in the head, drought, burning, weakneſſe of stomack, and such like: Then you shall take a dram of the best *Mithridate*, and dissolve it in three or four spoonfulls of *Dragon* water, and immediately drink it off, and then with hot cloaths or bricks made extream hot, and laid to the soles of your feet; after you have been wrapt in woolen cloaths, compel your selfe to sweat, which if you do, keep your selfe moderately therein, till the sore begin to rise; then to the same apply a live pidgeon cut in two parts, or else a plaister made of the yolk of an egg, hony, herb of grace chopt exceeding small, and wheat flower, which in very short space will not only ripen, but also break the same without any other incision; then after it hath run a day or two, you shall apply a plaister of *Milelot* unto it, untill it be whole.

For the Pestilence.

Take *Fetherfew*, *Male-lot*, *Scabious*, and *Mugwort*, of each a like, bruise them and mix them with old ale, and let the sick drink thereof six spoonfuls, and it will expell the corruption.

Another.

Take *Yarrow*, *Tansie*, *Fetherfew*, of each a handfull, and bruise them well together, then let the sick party make water in the herbs, then straine them, and give it the sick to drink.

A preservation against the pestilence.

Take of *Sage*, *Rue*, *Brier leaves*, or *Elder leaves* of each an handfull, stamp them and strain them with a quart of white wine, and put thereto a little Ginger, and a good spoonfull of the best *Treacle*, and drink thereof morning and evening.

Take

Take *Smalledge*, *Mallowes*, *Wormwood* and *Rue* ſtamp them well together, and fry them in *oyl Olive*, till they be thick, plaiſter-wiſe apply it to the place where you would have it riſe, and let it lie untill it break, then to heal it up, take the juyce of *Smallage*, *Wheat flower*, and milk, and boil them to a pultis, and apply it morning and evening till it be whole. How to draw the Plague down to any place you will.

Take of *Burrage*, *Langdebeef*, and *Calamint*, of each a good handfull, of *Harts tongue*, *Red mint*, *Violets*, and *Marigolds*, of each half a handfull, boyl them in white wine, or fair running water, then add a penny worth of the beſt *Saffron*, and as much *Sugar*, and boyl them over again well, then ſtrain it into an earthen pot, and drink thereof morning and evening, to the quantity of ſeven ſpoonfuls. A Cordial for any infection at the heart.

Take *Linſeed* and *Lettice*, and bruiſe it well, then apply it to the ſtomack, and remove it once in four hours. Againſt too violent ſweating.

For the Head-ach, you ſhall take of *Roſe-water*, of the juice of *Camomil*, of *Womans milk*, of ſtrong *wine vinegar*, of each two ſpoonfuls, mixe them together well upon a chaffing diſh of coals; then take a piece of a dry *Roſe-cake*, and ſteep it therein, and as ſoon as it hath drunk up the liquor, and is throughly hot, take a couple of ſound *Nutmegs*, grated to powder, and ſtrew them upon the roſe cake, then breaking it into two parts, bind it on each ſide, upon the temples of the head, ſo let the party lie down to reſt, and the pain will in a ſhort ſpace be taken from him. For the head-ach.

For *Frenzy*, or inflammation of the cauls of the brain, you ſhall cauſe the juyce of *Beets* to be with a Syringe ſquirted up into the patients noſtrils, which will purge and cleanſe his head exceedingly; and then give him to drink poſſet ale, in which *Violet* leaves and *Lettice* hath been boyled, and it will ſuddenly bring him to a very temperate mildneſſe, and make the paſſion of the Frenzy forſake him. For the Frenzy.

For the *Lethargy*, or extream drowſineſſe, you ſhall by all violent means, either by noiſe or other diſturbances, force perforce keep the party from ſleeping; and whenſoever he calleth for drink, you ſhall give him white wine and *Iſop* water, of each a little quantitity mixt together, and not ſuffer him to For the Lethargy.

sleep above four hours in four and twenty, till he come to his former wakefulnesse, which as soon as he hath recovered, you shall then forthwith purge his head with the juyce of *Beets* squirted up into his nostrils, as is before shewed.

To provoke sleep. But if any of the family be troubled with too much watchfulnesse, so that they cannot by any means take rest, then to provoke the party to sleep, you shall take of *Saffron*, a Dram dryed and beaten to powder, and as much *Lettice seed* also dryed and beaten to powder, and twice as much *Poppy seed* beaten also to powder, and mixe these with womans milk, till it be a thick salve, and then bind it to the temples of the head, and it will soon cause the party to sleep, and let it lie on not above four hours.

For the swimming of the head. For the swimming or dizzing in the head you shall take of *Agnus castus*, of *Broom wort*, and of *Camomile* dried, of each two drams mixt with the juyce of *Ivy*, oil of Roses, and white wine, of each a like quantity, till it come to a thick salve, and then bind it to the temples of the head, and it will in short space take away the griefe.

For the palsie For the Apoplexy or Palsie, the strong scent or smell of a Fox is exceeding soveraign, or to drink every morning halfe a pint of the decoction of Lavender, and to rub the head every morning and evening exceeding hard, with a very clean course cloath, whereby the humours may be dissolved and dispersst into the outward parts of the body: by all means for this infirmity, keep your feet safe from cold or wet, and also the nape of your neck; for from those parts it first getteth the strength of evill and avoidable pains.

For a new cough. For a cough or cold but lately taken, you shall take a spoonful of Sugar finely beaten and searst, and drop into it of the best *Aqua vitæ*, untill all the Sugar be wet through, and can receive no more moisture: then being ready to lie down to rest, take and swallow the spoonful of Sugar down, and so cover you warm in your bed, and it will soon break and dissolve the cold.

For an old cough. But if the cough be more old and inveterate, and more inwardly fixt to the lungs, take of the powder of Bettony, of the powder of Carraway seeds, of the powder of Sheervit dried, of the powder of *Houndstongue*, and of *Pepper* finely beaten

beaten, of each two drams, and mingle them well with clarified *Hony*; make an electuary thereof and drink it morning and evening for nine dayes together; then take of *Sugar candy* coorſly beaten, an ounce of *Licoras* finely pared and trimmed, and cut into very little ſmall ſlices, as much of *Anſeeds*, and *Coriander ſeeds*, halfe an ounce, mix all theſe together, and keep them in a paper in your pocket, and ever in the day time when the cough offendeth you, take as much of this dredg as you can hold between your thumb and fingers, and eat it, and it will give eaſe to your grief: and in the night when the cough taketh you, take of the juyce of *Lycoras*, as much as two good barley corns, and let it melt in your mouth, and it will give you eaſe.

Although the falling ſickneſſe be ſeldom e or never to be cured, yet if the party which is troubled with the ſame, will but morning and evening, during the wane of the moon, or when ſhe is in the ſign *Virgo*, eat the berries of the herb *Alterton*, or bear the herbs about him next to his bare skin, it is likely he ſhall find much eaſe, and fall very ſeldome, though this medicine be ſomewhat doubtful. For the falling ſickneſſe.

For the falling evill; take, if it be a man, a female *mole*; if a woman, a male *mole*, and take them in *March*, or elſe *April*, when they go to the Buck; then dry it in an oven, and make powder of it whole as you take it out of the earth, then give the ſick perſon of the powder to drink evening and morning for nine or ten daſes together. For the falling evill.

To take away deafneſſe, take a gray Eele with a white belly, and put her into a ſweet earthen pot quick, and ſtop the pot very cloſe with an earthen cover, or ſome ſuch hard ſubſtance: then dig a deep hole in a horſe dunghill, and ſet it therein, and cover it with the dung, and ſo let it remain for a fortnight, and then take it out and clear out the oyl which will come of it, and drop it into the imperfect ear, or both, if both be imperfect. An Oyl to help hearing.

To ſtay the flux of the Rhume, take Sage and dry it before the fire, and rub it to powder, then take bay ſalt and dry it, and beat it to powder, and take a Nutmeg and grate it, and mixe them altogether, and put them in a long linnen bag, then heat it upon a tile ſtone, and lay it to the nape of the neck. For the rhume.

For

For a ſtinking breath.

For a ſtinking breath, take Oak buds when they are new budded out, and diſtil them, then let the party grieved nine mornings, and nine evenings, drink of it; then forbear a while, and after take it again.

A vomit for an ill breath.

To make a vomit for a ſtrong ſtinking breath, you muſt take of *Antimonium* the weight of three barley corns, and beat it very ſmall, and mixe it with conſerve of Roſes, and give the Patient to eat in the morning, then let him take nine dayes together the juyce of Mints and Sage, then give him a gentle purgation, and let him uſe the juyce of Mint and Sage longer. This medicine muſt be given in the ſpring of the year; but if the infirmity come for want of digeſtion in ſtomack, then take *Mints*, *Majoram* and *Wormwood*, and chop them ſmall, and boyl them in *Malmſie* till it be thick, and make a plaiſter of it, and lay it to the ſtomack.

For the tooth-ach.

For the *Tooth-ach*, take a handful of *Daiſie roots*, and waſh them very clean, and dry them with a cloath, and then ſtamp them: and when you have ſtamped them a good while, take the quantity of half a nut-ſhel full of bay ſalt, and ſtrew it amongſt the roots, and then when they are very well beaten, ſtrain them through a clean cloath; then grate ſome *Calamus Aromaticus*, and mix it good and ſtiffe with the juyce of the roots, and when you have done ſo, put it into a quill, and ſnuff it up into your noſe, and you ſhall find eaſe.

Another.

Another for the *Tooth-ach*, take ſmall *Sage*, *Rue*, *Smallage*, *Fethefew*, *Wormwood*, and *Mints*, of each of them half a handful, then ſtamp them well altogether, putting thereto four drams of *Vinegar*, and one dram of *Bay ſalt*, with a penny worth of good *Aquavita*, ſtir them all well together; then put it between two linnen clouts, of the bigneſſe of your cheek, temples, and jaw, and quilt it in a manner of a coorſe imbroydery: then ſet it upon a chafing diſh of coals, and as hot as you may abide it, lay it over the ſide where the pain is, and lay you down upon that ſide, and as it cools warme it againe, or elſe have another ready warm to lay on.

A drink for a pearl in the eye.

To make a drink to deſtroy any pearle or film in the eye: take a good handful of Marigold plants: and a handful of Fennel, as much of May-weed, beat them together, then ſtrain them with a

pint

pint of beer, then put it into a pot and ſtop it cloſe, that the ſtrength may not goe out: then let the offended party drinke thereof when he is in bed, and lye of that ſide on which the pearl is, and likewiſe drink of it in the morning next his heart when he is riſen.

For pain in the eyes, take Milke when it comes new from the Cow, and having filled it into a clean veſſel, cover it with a pewter diſh, and the next morning take off the diſh, and you ſhall ſee a dew upon the ſame, with that dew waſh the pained eyes and it will eaſe them. For pain in the eyes.

For dim eyes, take Wormwood beaten with the gall of a Bull, and then ſtrain it, and annoynt the eyes therewith, and it will clear them exceedingly. For dim eyes.

For ſore eyes, or blood-ſhotten eyes: take the white of an egge beaten to oyle, as much Roſe water, and as much of the juyce of Houſleek, mixe them well together, then dip flats, pleagants therein, and lay them upon the ſore eyes, and as they dry, ſo renew them again and wet them; and thus do, till the eyes be well. For ſore eyes.

For watery eyes, take the juyce of *Affodill*, *Mirrhe*, and *Saffron* of each a little, and mixe it with twice ſo much white wine, then boyl it over the fire, then ſtrain it and waſh the eye therewith, and it is a preſent help. For watery eyes.

For a Canker, or any ſore mouth; take Chervile and beat it to a ſalve with old Ale and Allom water, and annoynt the ſore therewith and it will cure it. For a Canker.

For any ſwelling in the mouth, take the juyce of Wormwood, Cammomil, and Shirwit, and mixe them with hony, and bath the ſwelling therewith and it will cure it. A ſwelled mouth.

For the Quinſie or Squinancy, give the party to drink the hearb *Monſ-ear* ſteept in ale or beer, and look where you ſee a Swine rub himſelf, and there upon the ſame place rub a ſleight-ſtone, and then with it ſleight all the ſwelling, and it will cure it. For the quinſie.

If you would not be drunk, take the powder of Bettony and Coleworts mixt together; and eat it every morning faſting, as much as will lye upon a ſixe pence, and it will preſerve a man from drunkenneſs. Againſt Drunkenneſſe.

To

To quicken the Wit.

To quicken a mans wits, ſpirit, and memory; let him take Landebeef, which is gathered in *June* or *July*, and beating it in a clean morter, let him drink the juyce thereof with warm water, and he ſhall find the benefit.

For the King's Evil.

If a man be troubled with the *Kings-evil*, let him take the red *Dock*, and ſeeth it in Wine till it be very tender, then ſtrain it and ſo drink a good draught thereof, and he ſhall find great eaſe from the ſame; eſpecially if he do continue the uſe thereof.

Additions to the particular ſicknefſes; and firſt of the head and the parts thereof, and the lungs.

Take Frankincenſe, Doves dung, and Wheat flowre, of each an ounce and mixe them well with the white of an Egge, then playſterwiſe apply it where the pain is.

The oyl of Lillies, if the head be annoynted therewith, is good for any pain therein.

Take Rew, and ſteep it in Vinegar a day and a night, the Rew being well bruiſed; then with the ſame annoynt the head twice or thrice a day.

Another. For the head-ach, and to ſtay bleeding at the Noſe.

Take the white of an Egge and beat it to oyl, then put it to Roſewater, and the powder of Alablaſter, then take flax and dip it therein, and lay it to the temples, and renew it two or three times a day.

To draw out bones braken in the head.

Take Agrimony and bruiſe it, and playſter-wiſe apply it into the wound, and let the party drink the juyce of Bettony, and it will expell the bones, and heal the wound.

For the falling of the mould of the head.

Take the leaves of Agrimony, and boyl them in hony, till it be thick like a playſter, and then apply it to the wound of the head warm.

The Squinancy.

Take a Table-napkin, or any lirinen cloath, and wet it in cold water, and when you go to bed apply it to the ſwelling, and lye upright; thus do three or four times in a night, till the ſwelling waſte.

The Tooth ake.

Take two or three Dock roots, and as many Daiſie roots, and boyl them in water till they be ſoft, then take them out of the water, and boyl them well over again in Oyle Olive, then ſtrain them through a clean cloath, and annoynt the pained tooth therewith. and keep your mouth cloſe, and it will not onely take away the pain, but alſo eaſe any megrim or grief in the head.

To make teeth white.

Take a ſawcer of ſtrong Vinegar, and two ſpoonfulls of the powder

powder of *Roach-allome*, a ſpoonfull of white ſalt, and a ſpoonfull of hony: ſeeth all theſe till it be as thin as water; then put it into a cloſe vial and keep it, and when occaſion ſerves waſh you teeth therewith, with a rough cloath, and rub them ſoundly: but not to leed.

Take ſome of the green of the Elder-tree, or the apples of Oak trees, and with either of theſe rub thy teeth and gums, and it will looſen them ſo, as you may take them out. To draw teeth without iron.

Take Sage and ſalt, of each alike and ſtamp them well together, then bake it till it be hard, and make a fine powder thereof, then therewith rub the teeth evenings and mornings, and it will take away all yellowneſſe. Teeth that are yellow.

Firſt let them bloud, then take *Harts-horn* or *Ivory*, and red *Pimpernel*, and bruiſe them well together; then put it into a linnen cloath, and lay it to the teeth, and it will faſten them. For teeth that are looſe.

Take the juyce of *Lovage*, and drop it into the ear, and it will cure any venome, and kill any worm, ear-wig, or other vermine. For any venome in the ear.

Take two ounces of *Comine*, and beat it in a morter to fine powder; then boyl it in white wine from a pottle to a quart, then drink thereof morning and evening as hot as you can ſuffer: or otherwiſe, take an ounce of wild *time*, and being clean waſhed, cut it ſmall, and then powder it; then put to it half an ounce of *pepper* in fine powder, and as much *Comine*, mixe them all well together. and boyl them in a pottle of white Wine, till half be conſumed, and after meal (but not before) uſe to drinke thereof hot, alſo once in the afternoon, and at your going to bed; and it will purge the breath. For ſtinking breath which commeth from the ſtomach.

Take red Nettles and burn them to powder; then adde as much of the powder of Pepper, and mixe them very well togethe: and ſnuff thereof up into the noſe, and thus do divers times a day. For ſtinking noſtrils.

Take old Ale, and having boyled it on the fire, and cleanſed it, adde thereto a pretty quantity of life hony, and as much Allome, and then with a ſerrindge or ſuch like, waſh the ſores therewith very warm. For a Canker in the noſe.

Take a gallon of running water, and boyl it to a pottle; then put A red water for any canker

put to it a handful of red Sage a handfull, of Celladines, a handfull, of Hony-ſuckles, a handfull of Woodbine leaves and flowrs; then take a pennyworth of grains made into fine powder, and boyl all very well together: then put to it a quart of the beſt life-hony of a year old, and a pound of Roch Allom, let all boyl together till it come to a pottle, then ſtrain it and put it into a cloſe veſſel, and therewith dreſſe and annoynt the ſores as occaſion ſerves: it will eaſe any canker or Ulcer, and cleanſe any wound; it is beſt to be made at *Midſummer*.

To clear the eyes. Take the flowres and roots of *Primroſes* clean waſht in running water, then boyl them in fair running water till the ſpace of an hour, then put thereto a pretty quantity of white *Copperas*, and then ſtrain all through a linnen cloath, and ſo let it ſtand a while and there will an oyl appear upon the water, with that oyl annoynt the lids and the browes of your eyes, and the temples of your head, and with the water waſh your eyes, and it is moſt ſoveraign.

Another for the ſight. Take fifteen ſeeds of *Gyneper*, and as many *Gromwell* ſeeds, five branches of *Fennel*, beat them altogether, then boyl them in a pint of old Ale, till three parts be waſted; then ſtrain it into a glaſſe, and drop theroof three drops into each eye at night, and waſh your eyes every morning for the ſpace of fifteene dayes with your own water, and it will clear any decayed ſight whatſoever.

For ſore eyes. Take red Snales, and ſeeth them in fair water, and then gather the oyl that ariſeth thereof, and therewith annoynt your eyes morning and evening.

For ſick eyes. Take a gallon or two of the dreggs of ſtrong Ale, and put thereto a handfull or two of *Comine*, and as much ſalt, and then diſtill it in a Limbeck, and the water is moſt precious to waſh Eyes with.

For bleered eyes. Take Celladine, Rue, Chervile, Plantain, Anniſe, of each alike and as much *Fennel* as of all the reſt, ſtamp them all well together, then let it ſtand two dayes and two nights, then ſtrain it very well and annoynt your eyes morning and evening therewith.

For the pin and web in the eye. Take an egge, and roaſt it extream hard, then take the white being very hot, and lap in it as much white Copperas as a peaſe,

peaſe, and then violently ſtrain it through a fine cloath, then put a good drop thereof into the eye, and it is moſt ſoveraign.

Take two drams of prepared Tuſſia, of Sandragon one dram, of Sugar a dram, bray them all well together till they be exceeding ſmall, then take of powder, and blow a little thereof into the eye and it is ſoveraign. A powder for the pin and web in the eyes.

Take of red Roſe leaves, of Smallage, of Maiden hair, Euface, Endive, Succory, red Fennel, Hil-wort, and Cellandine, of each halfe a quarter of a pound, waſh them clean, and lay them in ſteep in white wine a whole day: then diſtill them in an ordinary Salt, and the firſt water will be like gold, the ſecond like ſilver, and the third like balm; any of theſe is moſt precious for ſore eyes, and hath recovered ſight loſt for the ſpace of ten years, having been uſed but four dayes. A precious water for the eyes.

Take the leaves of willow, and boil them well in oyl, and therewith anoint the place where you would have any hair to grow, whether upon head or beard. To make hair to grow.

Take Treacle water and hony, boil them together, and wet a cloath therein, and lay it where you would have hair to grow, and it will come ſpeedily. Another.

Take nine or ten eggs, and roſt them very hard, then put away the yolkes; and bray the whites very ſmall, with three or four ounces of white Copperas, till it be come to perfect oyntment, then with it annoint the face morning and evening, for the ſpace of a week and more. For a pimpled or red ſawcy face.

Take the rind of Hyſop, and boil or burn it, and let the fume or ſmoak go into the mouth, and it will ſtay any rhume falling from the head. For the rheum.

Take a pint of running water, and three ſpoonfuls of hony, and boyl them together: and ſcum off the filth, then put thereto one ounce of ſmall Rayſins, and ſtrain it well through a cloath, and ſo drink it morning and evening. For hoarſneſs in the throat.

Take Aquavitæ and ſalt, and mix it with ſtrong old Ale, and then heat it on the fire, and therewith waſh the ſoles of the feet when you go to bed. For a dangerous cough.

Take of clean wheat, and of clean barly, of each a like quantity, and put them into a gallon and a half of fair water, and boil them For a dry cough.

them till they burſt, then ſtrain it into a clean veſſel, and add thereto a quartern of fine *Lycoras* powder, and two penny worth of *gumme Arabick*, then boyl it over again and ſtrain it, and keep it in a ſweet veſſel, and drink thereof morning and evening.

For the tiſick. Take the beſt wort, and let it ſtand till it be yellow, then boyl it, and after let it cool, then put to it a little quantity of *Barm* and *Saffron*, and ſo drink of it every morning and evening while it laſteth: otherwiſe, take *Hore hound*, *Violet leaves*, and *Iſop*, of each a good handfull, ſeeth them in water, and put thereto a little *Sugar*, *Lycoras*, and *Sugar-candy*, after they have boiled a good while, then ſtrain it into an earthen veſſel, and let the ſick drink thereof ſix ſpoonfuls at a time morning and evening; or laſtly, take the lungs of a Fox, and lay it in roſe water, or boyl it in roſe water, then take it out, and dry it in ſome hot place without the ſun; then beat it to powder with *Sugar candy*, and eat of this powder morning and evening.

For griefs in the ſtomack. To eaſe the pain in the ſtomack, take *Endive*, *Mints*, of each a like quantity, and ſteep them in white wine a dayes ſpace; then ſtraining and adding thereunto a little *Cynamon* and *Pepper*, give it to the ſick perſon to drink, and if you add thereto a little of the powder of *Horſe mint* and *Calamint*, it will comfort the ſtomack exceedingly, and occaſion ſwift and good digeſtion.

For ſpitting of blood. For ſpitting of blood, whether it proceed of inward bruiſes, overſtraining, or ſuch like; you ſhall take ſome *pitch*, and a little *Sperma Cati*, and mix it with old Ale, and drink it, and it will ſtay the flux of blood: but if by means of the bruiſe, any outward grief remain; then you ſhall take the herb *Brokelhemp*, and frying it with ſheeps tallow, lay it hot on the grieved place, and it will take away the anguiſh.

For vomiting. To ſtay the fluxe or vomiting, take *Wormwood*, and ſowr bread toſted, of each a like quantity, and beat them well in a morter, then add to them as much of the juice of *Mints*, and the juice of *Plantain*, as will bring it to a thick ſalve: then fry them altogether in a frying pan, and when it is hot, lay it plaiſterwiſe to the mouth of the ſtomack; then let the party drink a little white wine and *Cherville* water mixt together, and then ſteep ſowr toaſted bread in very ſtrong vinegar, wrap it in a fine cloath, and let

let the ſick party ſmell thereto, and it will ſtay the exceſſe of vomiting, and both comfort and ſtrengthen the ſtomack.

If you would compell one to vomit, take half a ſpoonfull of Stone crop, and mix it with three ſpoonfuls of white wine, and give it to the party to drink, and it will make him vomit preſently; but do this ſeldome, and to ſtrong bodies, for otherwiſe it is dangerous. To force one to vomit.

For the *Iliaca paſſio*, take of Polypody an ounce, and ſtampt it; then boyl it with Prunes and Violets, in Fennel water, or Anniſeed water; take thereof a good quantity; then ſtrain it, and let the party every morning and evening drink a good draught thereof. For the Iliaca paſſio.

If the ſtomack be troubled with wind or other pain, take Commine, and beat it to powder, and mixe with it red wine, and drink it at night when you go to bed divers nights together. Additions to the diſeaſes of the ſtomack.

Take Brooklime-root and leaves, and waſh them clean, and dry them in the ſun, ſo dry, that you may make powder thereof, then take of the powder a good quantity, and the like of Treacle, and put them in a cup, with a pretty quantity of ſtrong old Ale, and ſtir them well together, and drink thereof firſt and laſt, morning and evening, for the ſpace of three or four dayes; and if need do require, uſe the ſame in the broaths you do eat, for it is very ſoveraign. For the ſtomack. For the Iliaca paſſio.

Take Harts-horn, or Ivory beaten to fine powder, and as much Cynamon in powder, mix them with Vinegar, and drink thereof, to the quantity of ſeven or eight ſpoonfuls. For pain in the breaſt.

Take the water of Mouſeare, and drink thereof the quantity of an ounce and a halfe, or two ounces, twice or thrice a day: or otherwiſe take a little Nutmeg, a little Cloves, a little Mace, and a very little Ginger, and the flowers of Lavender, beat all unto a fine powder, and when the paſſion of the Mother commeth, take a chafingdiſh of good hot coals, and bend the patient forward, and caſt of the powder into the chafingdiſh, ſo as ſhe may receive the ſmoak both in at her noſe and mouth, and it is a preſent cure. The mother.

Againſt obſtructions in the Liver, take Anniſeeds, Ameos, Burnet, Camomile, and the greater Centaury, and boyl them in white Obſtructions of the Liver.

wine with a little honey, and drink it every morning, and it will cure the obstructions, and cleanse the Liver from all imperfection.

Against the heat of the Liver.

Against the heat and inflammation of the Liver, take Endive dryed to powder, and the meal of *Lupin* seeds, and mix it with Honey, and the juyce of Wormwood, make a cake thereof, and eat it, and it will asswage the great heat and inflammation of the Liver, and take away the pimples and redness of the face, which proceedeth from the same.

For the Plurisie.

To prevent a plurisie a good while before it come, there is no better way then to use much the exercise of ringing, or to stretch your arms upward, so as they may bear the weight of your body, and so swing your body up and down a good space; but having caught a Plurisie, and feeling the gripes, stitches, and pangs thereof, you shall presently cause the party to be let blood, and then take the herb *Althea*, or Holyhock, and boyl it with Vinegar and Linseed, till it be thick plaister-wise, and then spread it upon a piece of Allom-leather, and lay it to the side that is grieved, and it will help it.

A plaister for a stitch.

To help a stitch in the side, or elsewhere, take Doves dung, red Rose leaves, and put them into a bag, and quilt it: then throughly heat it upon a chafingdish of coals, with vinegar in a platter: then lay it upon the pained place, as hot as may be suffered, and when it cooleth, heat it again.

Heat in the Liver.

For any extraordinary heat or inflammation in the Liver, take Barberies, and boyl them in clarified whey, and drink them and they will cure it.

For the consumption.

If you will make a Cordiall for a Consumption, or any other weakness, take a quart of running water, a piece of Mutton, and a piece of Veal, and put them with the water into a pot, then take of Sorrel, Violet leaves, Spinage Endive, Succory, Sage, Isop, of each a good quantity; then take Prunes and Raisins, and put them all to the broth, and seeth them from a quart to a pint; then strain the yolk of an egg, and a little Saffron thereinto, putting in Sugar, whole Mace, and a little white wine; so seeth them a while together, and let the party drink it as warm as may be.

To staunch blood.

To staunch blood, take the herb Shepherds purse, (if it may be gotten) distilled at the Apothecaries, and drink an ounce thereof at a time, morning and evening, and it will stay any flux

of

of blood naturall or unnaturall, but if you cannot get diſtilled water, then boyl a handfull of the herbe with Cynamon, and a little Suger, in Claret wine, and boyl it from a quart to a pint, and drink it as oft as you pleaſe: alſo, if you do but rub the herbe between your hands, you ſhall ſee it will ſoon make the blood returne.

For the yellow jaundiſe.

For the Yellow Jaundiſe, take two penny worth of the beſt Engliſh Saffeon, dry it and grind it to exceeding fine powder; then mixe it with the pap of a roſted Apple, & give it the diſeaſed party to ſwallow down in manner of a pill, and thus do divers mornings together, and without doubt it is the moſt preſent cure that can be for the ſame, as hath been often times proved.

For the Yellow Jaundiſe, take Pimpernel and Chick weed, ſtamp them and ſtrain them into poſſet Ale; and let the party drinke thereof morning and evening.

For the yellow Jaundiſe, which is deſperate, and almoſt paſt cure: Take ſheeps dung new made, and put it into a cup of beer or Ale and cloſe the cup faſt, and let it ſtand ſo all night, and in the morning take a draught of the cleereſt of the drink, and give it unto the ſick party.

For the black jaundiſe.

For the Black Jaundiſe, take the hearb called penny royall, and either boyl it in white Wine, or drink the juyce thereof ſimply by it ſelf, to the quantity of three or four ſpoonfull at a time, and it will cure the black Jaunniſe.

Additions for the diſeaſes of the Liver.

Take of Hyſop, Parſley, and Harts-tongue, of each alike quantity, and ſeeth them in wort till they be ſoft, then let it ſtand till it be cold, and then drink thereof firſt and laſt, morning and evening.

For waſting of the Liver.

Take Fennel rootes, and parſly roots of each alike, waſh them clean and pill off the upper bark, and caſt away the pith within; then mince them ſmall; then put them to three pints of water, and ſet them over the fire; then take figs and ſhred them ſmall, take Lycoras and break it ſmall, and put them to the herbs, and let all boyl very well, then take Sorrell and ſtamp it and put it to the reſt, and let it boyl till ſome part be waſted, then take a good quantity of hony and put to it and boyl a while, then take it from the fire, and clarify it through a ſtrainer into a glaſs veſſel, and ſtop it very cloſe; then give the ſick to drinke

thereof morning and evening.

To heal a Ring-worm Comming of the heat of the Liver.

Take the ſtalk of Saint *Mary Garlick*, and burn it, or lay it upon a hot tyle ſtone untill it be very dry, and then beat it into powder, and rub the ſore therewith untill it be whole.

To ſtanch blood.

Take Wool in the Walkmilt that commeth from the cloth and flyeth about like Doun and beat it into powder; then take thereof and mixe it with the white of an egge and wheat flowre, and ſtamp them together: then lay it on a linnen cloath or lint, and apply it to the bleeding place, and it will ſtaunch it.

For great danger in bleeding.

If a man bleed and have no preſent help, if the wound be on the foot, bind him about the ankle; if in the legs, bind him about the knee; if it be on the hand, bind him about the wriſt; if it be on the arm, bind him about the brawn of the arm, with a good liſt and the blood will preſently ſtanch.

For a ſtitch.

Take good ſtore of *Cinamon* grated, and put it into poſſet ale very hot and drink it, and its a preſent cure.

A bath for the Leproſie.

Take a gallon of running water; and put to it as much ſalt as will make the water as ſalt as the Sea-water, then boyl it a good while, and bath the leggs therein as hot as may be ſuffered.

For the Dropſie.

For the Dropſie, take *Agnus caſtus*, *Fennel*, *Affodil*, dark *Wallwort*, *Lupins* and *Wormwood*, of each a handfull, and boyl them in a gallon of white Wine untill a fourth part be conſumed: then ſtraine it and drinke it morning and evening half a pint thereof, and it will cure the Dropſie; but you muſt be carefull that you take not *Daffodil* for *Affodil*.

Pain in the Spleen.

For pain in the Spleen, take *Agnus caſtus*, *Agrimony*, *Aniſeeds*, *Centaury* the great, and *Wormwood*, of each a handfull, and boyle them in a gallon of white Wine, then ſtrain it, and let the patient drink divers mornings together half a pint thereof; and at his uſual meals let him neither drink Ale, Beer, nor Wine, but ſuch as hath had the hearb *Tamariske* ſteeped in the ſame, or for want of the herb, let him drink out of the cup made of *Tamariske* wood and he ſhall find remedy.

Pain in the Liver.

For any pain in the ſide, take *Mugwort* and red *Sage*, and lay it them betweed two tyle ſtones, and then put it into a bag, and dry to your ſide as hot as can be indur'd.

For fatneſſe and ſhort breath.

To help him that is exceeding fat, purſie, and ſhort breathed: take hony clarified, and bread unleavened, and make toaſts of it, and

and dip the toaſts in the clarified honey, and eat this divers mornings with your meat.

Take a lump of Iron or Steel and heat it red hot, and quench it in Wine, and then give the wine to the ſick party to drink. Additions. To the diſeaſes of the Spleen.

Take *Fennel ſeeds* and the roots, boyl them in water, and after it is cleanſed put to it honey, and give the party to drink; then ſeeth the herb in Oyl and Wine together, and playſterwiſe apply it to the ſide. For ſtopping of the ſpleen.

Make a playſter of *Wormwood* boyled in Oyle, or make an oyntment of the juyce of *Wormwood*, of *Vinegar*, *Armoniack*, *Waxe*, and *Oyl*, mixed and melted together, and anoynt the ſides therewith, either in the Sun, or before the fire. Diſeaſes of the heart.

Take the powder of *Galinga'*, and mixe it with the juyce of *Burrage*, and let the offended party drink it with ſweet wine. For paſſion of the heart.

Take *Roſemary* & *Sage*, of each a handfull, & ſeeth them in white Wine or ſtrong Ale, and then let the patient drink it luke-warme. For heart ſickneſs.

Take the juyce of *Fennell* mixt with hony, and ſeeth them together till it be hard, and then eat it evening and morning, and it will conſume the fatneſſe. For fatneſs about the heart.

For the *Wind collick*, which is a diſeaſe both generall, and cruel, there be a world of remedies, yet none more approved than this which I will repeat: you ſhall take a *Nutmeg* found and large, and divide it equally into four quarters: the firſt morning aſſoon as you ſhall riſe, eat a quarter thereof; the ſecond morning two quarters, and the third eat three quarters, and the fourth morning eat a whole *Nutmeg*: and ſo having made your ſtomach & taſte familier therewith, eat every morning whilſt the *Collick* offendeth you, a whole *Nutmeg* dry without any compoſition, and faſt ever an hour at leaſt after it, and you ſhall find a moſt unſpeakable profit which will ariſe from the ſame. For the wind-Collick.

For the *Wind collick*, take a good handfull of clean Wheat meal as it commeth from the Mill, and two egges, and a little *Wine-vinegar*, and a little *Aquavitæ*, and mingle them together cold, and make a cake of it, and bake it on a gridyron with a ſoft fire, and turn it often, and tend it with blaſting of *Aquavitæ* with a feather; then lay it ſomewhat higher then the pain is, rather then lower. The wind Collick.

For the *Laſk* or extreame ſcouring of the belly, take the ſeeds For the Laske.

of the Wood-roſe, or Bryer-roſe, beat it to powder, and mixe a dram thereof with an ounce of the conſerve of Sloes, and eat it and it will in a ſhort ſpace bind and make the belly hard.

For the bloody flux. For the bloody-fluxe, take a quart of red wine, and boyl therein a handfull of Shepheards purſe, till the hearb be very ſoft: then ſtrain it, and adde thereto a quarter of an ounce of Cynamon, and as much of dryed Tanners bark taken from the Ooze, and both beaten to fine powder; then give the party half a pint thereof to drink morning and evening, it being made very warm, and it will cure him.

To ſtay a lask. To ſtay a ſore Lask, take Plantain water and Cynamon finely beaten, and the flowres of Pomgranates, and boyl them well together; then take Suger & the yolk of an egge, and make a candle of it, and give the grieved party it.

For the flux. For the Flux take Stags pizzel dryed and grated, and give it in any drink, either in Beer, Ale, or Wine, and it is moſt ſoveraign for any Flux whatſoever. So is the jaw bones of a Pike, the teeth and all dryed and beaten to powder, and ſo give the party diſeaſed ſed in any drink whatſoever.

For the worſt Flux. To cure the worſt bloody flux that may be, take a quart of red wine, and a ſpoonfull of Commin ſeed, boyl them together untill half be conſumed; then take Knot-graſs and Shepheards purſe and Plantain, and ſtamp them ſeverall, and then ſtrain them and take of the juyce of each of them a good ſpoonfull and put them to the wine, and ſo ſeeth them again a little: then drink it lukewarm, half over night, and half the next morning; & if it fall out to be in Winter, ſo that you cannot get the herbs, then take the water of the herbs diſtilled, of each three ſpoonfulls, and uſe it as before.

For coſtiveneſs. For extream coſtiveneſs, or binding in the body, ſo as a man cannot avoid his excrements; take Anniſeeds, Fennigreek, Linſeeds, and the Powder of Piony: of each half an ounce, and boyl them in a quart of white Wine, and drink a good draught thereof, and it will make a man go to the ſtool orderly, and at great eaſe.

For worms. For worms in the belly, either of child or man, take Aloes Cicotrine, as much as a half hazel Nut, & wrap it in the pap of a roaſted Apple, and ſo let the offended party ſwallow it in the manner

manner of a pill faſting in the morning, or elſe mixe it with three or four ſpoonfulls of Muskadine, and ſo let the party drink it, and it is a preſent cure. But if the child be either ſo young or the man ſo weak with ſickneſſe, that you dare not adminiſter any thing inwardly, then you ſhall diſſolve your Aloes in the oyle of Savine, making it thick like ſalve, then playſterwiſe ſpread it upon Sheeps leather, and lay it upon the navil and mouth of the Stomack of the grieved party, and it will give him eaſe; ſo will alſo unſet Leeks chopt ſmall and fryed with ſweet butter, and then in a linnen bagge apply it hot to the navil of the grieved party.

Take a quart of red wine, and put to it three yolks of eggs, and a pennyworth of long Pepper and grains, and boyl it well, and drink it as hot as can be ſuffered: or otherwiſe, take an ounce of the inward bark of an oak, and a pennyworth of long Pepper, and boyl them in a pint and better of new Milk, and drink it hot firſt and laſt morning and evening. Additions. To the diſeaſes of the belly and guts. For the greateſt Lax.

Take an egge, and make a little hole in the top, and put out the white, then fill it up again with Aquavitæ, ſtirring the egge and Aquavitæ, till it be hard, then let the party eat the egg and it will cure him, or otherwiſe take a pint of red wine and nine yolks of eggs, and twenty Pepper corns ſmall beaten, let them ſeeth untill they be thick, then take it off, and give the diſeaſed party to eat nine ſpoonfulls morning and evening. For the bloody flux.

Take of Rue and Beets alike quantity, bruiſe them, and take the juyce, mixe it with clarified hony, and boyl it in red wine, and drink it warm firſt and laſt morning and evening. For an eaſie Lask.

Take Mercury, Cinkfoyl, and Mallows, and when you make pottage or broth with other herbs, let theſe herbs before named have moſt ſtrength in the pottage, and eating thereof, it will give you two ſtools and no more. To have two ſtools a day and no more.

Take two ſpoonfull of the juyce of Ivy leaves, and drink it three times a day, and it will diſſolve the hardneſſe. For hardneſſe of the belly or womb.

Take the barke of the rootes of the Elder tree, and ſtamp it, and mixe it with old Ale, and drinke thereof a good hearty draught. Againſt coſtiveneſſe.

Take the crumms of white bread, and ſteep it in Milke with Allom, and adde Suger unto it and eate it, and it will open the belly. For the wind collick.

Take

For the ſtopping of the womb.

Take the Kernels of three Peach ſtones, and bruiſe them, ſeven corns of caſe pepper, and ſliced ginger a greater quantity then of the pepper, pound all togethet groſly, and put it into a ſpoonfull of Sack (which is beſt) or elſe white Wine, or ſtrong Ale, and drink it off in a great ſpoon, then faſt two hours after, and walk up and down if you can; if otherwiſe, keep your ſelfe warm and beware.

For the Rupture.

Take of *Daiſies*, *Comfrey*, *Polypody* of the Oak, and Avens of each half a handfull, two roots of *Oſmund*, boyl them in ſtrong Ale and Honey, and drinke thereof morning, noone, and night, and it will heale any reaſonable rupture. Or otherwiſe take of *Smallage*, *Comfrey*, *Setwell*, *Polypody*, that grows on the ground like *fearn*, *daiſies* and *mores*, of each alike, ſtamp them very ſmall, and boyl them well in Barm, untill it be thick like a poultis, and ſo keep it in a cloſe veſſel, and when you have occaſion to uſe it, make it as hot as the party can ſuffer it, and lay it to the place grieved, then with a truſſe, truſs him up cloſe, and let him be very carefull for ſtraining of himſelf, and in a few dayes it will knit: during which cure, give him to drink a draught of red wine, and put therein a good quantity of the flowre of fetches, finely boulted, ſtirring it well together, and then faſt an houre after.

For the ſtone.

For the violent pain of the ſtone, make a poſſet of milke and ſack, then take off the curd, and put a handfull of *Cammomil* flowrs into the drink, then put it into a pewter pot, and let it ſtand upon hot embers, ſo that it may diſſolve; and then drink it as occaſion ſhall ſerve. Otherwiſe for this grief, take the ſtone of an Oxe gall, and dry it in an Oven, then beat it to powder, and take of the quantity of a hazel nut, with a draught of good Ale, or white wine.

Another.

The Collick and ſtone.

For the Collick and ſtone, take Hawthorn berries, the berriers of ſweet Bryers, and aſhen Keyes, and dry them every one ſeverally untill you make them into powder, then put a little quantity of every one of them together, then if you think good, put to it the powder of *Licoras* and *Anniſeeds*, to the intent the party may the better take it, then put in a quantity of this powder in a draught of white wine, and drink it faſting. Otherwiſe you may take *Smallage-ſeed*, *Parſley*, *Lovage*, *Saxifrage*, and *broom-ſeed*, of each

Another.

each of them a little quantity, beat them into a powder, and when you feel a fit either of the diſeaſes, eat of this powder a ſpoonfull at a time either in pottage, or elſe in the broath of a chicken, and ſo faſt two or three hours after.

To make a powder for the collick and ſtone, take *fenne'*, *parſly-ſeed*, *anſeed*, and *carraway-ſeed*, of each the weight of ſixe pence, of *grumel ſeed*, *ſaxifrage ſeed* the roots of *Pilapendula* and *Licoras*, of each the weight of twelve pence, of *galingal*, *ſpikenard*, and *Cinamon*, of each the weight of eightpence, of *Sena* the weight of ſeventeen ſhillings good weight, beat them all to powder and ſearſe it, which will weigh in all twenty five ſhillings and ſix pence. This powder is to be given in white wine and ſugar in the morning faſting, and ſo to continue faſting two hours after and to take of it at one time the weight of ten pence, or twelve pence. A powder for the Collick and ſtone.

Other Phyſicians for the ſtone, take a quart of Rheniſh or white wine, and two lemons, and pare the upper rind thin, and ſlice them into the wine, and as much white ſoape as the weight of a groat, and boyl them to a pint, and put thereto ſugar according to your diſcretion and ſo drink it, keeping your ſelf warm in your bed, and lying upon your back. Another.

For the ſtone in the reyns, take *Limeos*, *Camomile*, *Maiden hair*, *Sparrow-tongue* and *Philipendula*, each alike quantity, dry it in an oven, and then beat it to powder, and every morning drink half a ſpoonful thereof with a good draught of white wine, and it will help. For the ſtone in the reins.

For the ſtone in the bladder, take a radiſh root and ſlit it croſs twice, then put it into a pint of white wine and ſtop the veſſel exceeding cloſe: then let it ſtand all one night, and the next morning drink it off faſting, and thus do divers morningt together, and it will help. For the ſtone in the bladder

For the ſtone in the bladder, take the kernels of ſloes, and dry them on a tile ſtone, then beat them into powder, then take the roots of *Alexander*, *parſly*, *pellitory*, and *hol hock*, of every of their roots a like quantity, and ſeeth them all in white wine, or elſe in the broath of a young chicken: then ſtrain them into a clean veſſel, and when you drink of it, put into it halfe a ſpoonfull of the powder of ſloe kernels. Alſo if you take the oyle of A powder for the ſtone in the bladder.

Scor-

Scorpion, it is very good to annoynt the members, and the tender parts of the belly againſt the bladder.

A bathe for the ſtone. To make a bath for the ſtone, take mallows, holihock, and lilly roots, & Linſeed, Pellitory of the wall, and ſeeth them in the broth of a Sheeps head, and bathe the Reines of the back therewith oftentimes, for it will open the ſtraitneſſe of the water conduits, that the ſtone may have iſſue & aſſwage the pain, & bring out the gravell with the Urine: but yet in more effect, when a playſter is made and laid upon the reins and belly immediately after the bathing.

A water for the ſtone. To make a water for the ſtone, take a gallon of new milk of a Red Cow, and put therein a handfull of Pellitory of the wall and a handfull of wild time, and a handfull of *Saxifrage*, & a handfull of *Parſly*, and two or three Radiſh roots ſliced, and a quantity of *Philipendula* roots; let them lye in the milk a night, & in the morning putt the milke with the herbes into a ſtill, & diſtil them with a moderate fire of Charcole or ſuch like: then when you are to uſe the water, take a draught of Rheniſh wine or white Wine, and put into it five ſpoonfulls of the diſtilled water, and a little Suger and Nutmeg ſliced, and then drinke of it, the next day meddle not with it, but the third day doe as as you did the firſt day, and ſo every other day for a weekes ſpace.

Difficulty of Urine. For the difficulty of Urine, or hardneſſe to make water, take Smallage, Dill, Anniſeeds, & Burnet, of each alike quantity, & dry them & beat them to fine powder & drink half a ſpoonfull thereof, with a good draught of White wine.

For hot Urine. If the Urine be hot & burning, the party ſhall riſe every morning to goe to drinke a good draught of new Milke and Suger mixt together, and by all means to abſtain from Beer that is old hard and tart, and from all meats and ſawces which are ſowr and ſharp.

For the Strangullion. For the Strangullion, take *Saxifrage*, *Polypody* of the Oak; the root of beans, and a quantity of Raiſins, of every one three handfull or more, & then two gallons of good Wine, or elſe Wine lees, and put it into a Serpentary, & make thereof a good quantity, & give the ſicke to Drinke Morning and Evening a ſpoonefull at once.

For

For them that cannot hold their water in the night time, take Kids hoof, and dry it, and beat it into powder, and give it to the patient to drink, either in beer or Ale four or five times over. For piſſing in bed.

For the rupture or burſenneſſe in men; take Comfrey and *Fenneſemnud*, and beat them together, and yellow wax, and Deare ſuet, untill it come unto a ſalve, and then apply it unto the broken place, and it will knit it; alſo it ſhall be good for the party to take Comphry roots, and roſt them in hot embers, as you roſt wardens, and let the party eat them: for they are very ſoveraign for the rupture; eſpecially being eaten in a morning faſting; and by all means let him wear a ſtrong truſſe till it be whole. For the rupture.

Take Goats clawes and burn them in a new earthen pot to powder, then put of the powder into broth or poteage, and eat it therein: or otherwiſe take Rue, Parſley, and Gromwell, and ſtamp them together, and mixe it with wine and drink it. Additions to the diſeaſes of the reins and bladder.

Take *Agnus caſtus*, and *Caſtoreum*, and ſeeth them together in wine, and drink thereof; alſo ſeeth them in vinegar, and lap it hot about the privy parts, and it will help. For him that cannot hold his water.

Take Malmſey and butter, and warm it, and waſh the reins of the back, whereupon you find pain, then take oyl of Mace, and anoint the back therewith. For the Gonórea, or ſhedding of ſeed.

Firſt waſh the reins of the back with warm white wine, then annoint all the back with the ointment called Perfumato. For weakneſs in the back.

Take a leg of beef, a handful of Fennel roots, a handful of Parſly roots, two roots of Comphry, one pound of Raiſins of the Sun, a pound of damask Prune, and a quarter of a pound of Dates, put all theſe together, and boyl them very ſoft, with ſix leaves of Neep, ſix leaves of Clary, twelve leaves of Bittany of the wood, and a little Harts tongue; when they are ſod very ſoft, take them into the ſame broth again, with a quart of ſack, and a penniworth of large mace, and of this drink at your pleaſure. For heat in the reins. For comforting and ſtrengthning of the back.

For the Hemeroides, which is a troubleſome and ſore griefe, take of Dill, Dog-fennel, and Pellitory of Spain, of each halfe a handfull, and beat it in a morter with Sheeps ſuet and black Sope, till it come to a ſalve, and then plaiſter-wiſe, apply it to the For the hemeroids.

the ſore, and it will give the grief eaſe.

For the piles or hemeroids.

For the Piles or Hemerroides, take half a pint of ale, and a good quantity of Pepper, and as much Allom as a Walnut; boyl all this together till it be as thick as birdlime, or thicker; this done, take the juyce of white Violets, and the juyce of Houſleek, and when it is almoſt cold, put in the juyce, and ſtrain them altogether, and with this ointment annoint the ſore place twice a day. Otherwiſe for this grief, take Lead and grate it ſmall, and lay it upon the ſore: or elſe take muſcles dryed and beat to powder, and lay it on the ſores.

For the falling of the fundament.

If a mans fundament fall down through ſome cold taken, or other cauſe, let it be forthwith put up again: then take the powder of *Iown creſſe* dried, and ſtrew it gently upon the fundament, and anoint the reins of the back with honey, and then about it ſtrew the powder of Cummin and Calafine mixt together, and eaſe will come thereby.

Additions to the diſeaſes of the privy parts.

For the hemeroids.

Take a great handfull of Oreins, and bruiſe them between your hands, till it be like a ſalve, and then lay them upon a cloath, and bind them faſt to the Fundament.

For the green ſickneſſe.

To help the green ſickneſſe, take a pottle of white wine, and a handfull of Roſemary, a handfull of Wormwood, an ounce of Cardus Benedictus ſeed, and a dram of Cloves; all theſe muſt be put into the white wine in a jug, and covered very cloſe, and let it ſteep a day and a night before the party drink of it, then let her drink of it every morning, and two hours before ſupper: and ſo take it for a fortnight, and let her ſtir as much as ſhe can, the more the better, and as early as ſhe can. Otherwiſe for this ſickneſſe take Hyſop, Fennel, Penyroyal, of theſe three, one good handful, take two ounces of Currants, ſeeth theſe in a pint of fair water, to a half, then ſtrain the herbs from the liquor, and put thereto two ounces of fine ſugar, and two ſpoonfuls of white wine vinegar, let the party drink every morning four ſpoonfuls thereof, and walk upon it.

To encreaſe womans milk.

To increaſe womans milk, you ſhall boyl in ſtrong poſſet ale, good ſtore of Coleworts, and cauſe her to drink every meal of the ſame: alſo, if ſhe uſe to eat boiled Coleworts with her meat, it will wonderfully increaſe her milk.

To dry up womans milk, take red ſage, and having ſtampt

it

it, and ſtrained the juyce from the ſame, adde thereunto as much wine vinegar, and ſtir them well together, then warm it on a flat diſh, over a few coals, ſteep therein a ſheet of brown paper, then making a hole in the midſt thereof for the nipple of the breſt to go through, cover all the breaſt over with the paper, and remove it as occaſion ſhall ſerve, but be very careful it be laid very hot to. Some are of opinion, that for a woman to milk her breaſts upon the earth, will cauſe her to dry: but I refer it to triall. To dry up milk.

To help womens ſore breaſts, when they are ſwelled, or elſe inflamed, take Violet leaves, and cut them ſmall, and ſeeth them in milk or running water with wheat bran, or wheat bread crummes, then lay it to the ſore, as hot as the party can endure it. A pultis for ſore breaſts in women.

If a woman have a ſtrong and hard labour, take four ſpoonfulls of another womans milk, and give it the woman to drink in her labour, and ſhe ſhall be delivered preſently. For eaſe in child bearing.

If a woman by miſchance have her child dead within her, ſhe ſhall take *Dittander*, *Felwort*, *Penyroyall*, and ſtamp them, and take of each a ſpoonfull of the juyce, and mix it with old wine, and give her to drink, and ſhe ſhall ſoon be delivered without danger. Child dead in the womb.

To make a woman to conceive, let her either drink *Mugwort* ſteeped in wine; or elſe the powder thereof mixed with wine, as ſhall beſt pleaſe her taſte. Aptneſſe to conceive.

Take the powder of *Corall* finely ground, and eat it in a rear egg, and it will ſtay the flux. Additions to womens infirmities.

Againſt womens terms, make a peſſary of the juice of *Mugwort*, or the water that it is ſodden in, and apply it, but if it be for the flux of the flowres, take the juice of *Plantain*, and drink it in red wine. To ceaſe womens flowers.

Take a Fomentation made of the water wherein the leaves and flowers of *Tuſſon* is ſodden, to drink up the ſuperfluities of the matrix, it cleanſeth the entrance; but this herb would be gathered in harveſt; if the woman have pain in the matrix, ſet on the fire, water that *Amomum* hath been ſodden in, and of the decoction make a peſſary, and it will give eaſe. Againſt the flowers. For the matrix.

Take

A generall purge for a woman in child bed.

Take two or three eggs, and they muſt be neither roſt nor raw, but between both, and then take butter that Salt never came in, and put into the eggs, and ſup them off, and eat a piece of brown bread to them, and drink a draught of ſmall Ale.

To deliver the dead birth

Take the root of *Ariſtolochia rotunda*, and boyl it in wine and oil, make a fomentation thereof, and it helps.

To increaſe milk.

Take the buds and tender crops of Briony, and boyl them in broath or pottage, and let the woman eat thereof, it is ſoveraign.

For a woman that is new brought in bed, and ſwooneth much.

Take Mugwort, Motherwort, and Mints, the quantity of a handfull in all, ſeeth them together in a pint of Malmſey, and give her to drink thereof two or three ſpoonfuls at a time, and it will appeaſe her ſwooning.

To provoke ſleep

Take Henbane ſtamped and mixt with vinegar, and apply it playſter wiſe over all the forehead, and it will cauſe ſleep.

For ſore breſts

Take Sage, Smallage, Mallowes, and Plantain, of each an handfull, beat them all well in a mortar, then put unto them oatmeal and milk, and ſpread it on a fine linnen cloath, an inch thick, and lay it to the breſt or breaſts: or otherwiſe, take white bread leaven, and ſtrain it with cream, and put thereto two or three yolks of eggs, ſallet oyl, or oyl of Roſes, and put it upon a ſoft fire till it be warme, and ſo apply it to the breaſt.

For morphew of both kinds.

For Morphew, whether it be white or black, take of the Litharge of gold, a dram, of unwrought brimſtone two drams, beat them into fine powder, then take of the oyl of Roſes and Swines greaſe, of each a like quantity, and grind them altogether with halfe a dram of Champhire, and a little vinegar, and anoint the ſame therewith morning and evening.

To breed hair

To breed hair, take Southernwood, and burn it to aſhes, and mixe it with common oyl, then annoint the bald place therewith morning and evening, and it will breed hair exceedingly.

For the gout

For the Gout, take *Ariſtolochia rotunda Althea* Bettony, and the roots of wild Neep, and the roots of the wild Dock cut in pieces after the upper rind is taken away, of each alike quantity, boyl them all in running water till they be ſoft and thick: then ſtamp them in a morter, as ſmall as may be, and

put

put thereto a little quantity of chimney ſoot, and a pint of new milk of a Cow, which is all of one intire colour, and as much of the urine of a man that is faſting, and having ſtirred them all well together, boile them once again on the fire, then as hot as the party can ſuffer it, apply it to the grieved place, and it will give him eaſe.

For the Sciatica, take of muſtard ſeed a good handfull, and as much of white hony, and as much weight of figs, and crummes of white bread half ſo much, then with ſtrong vinegar beat it in a morter till it come unto a ſalve; then apply it unto the grieved place, and it will give the grieved party eaſe ſo will alſo a plaiſter of Oxicrotium, if it be continually warm upon the ſame. For the Sciatica.

To help all manner of ſwelling or aches in what part of the body ſoever it be, or ſtinging of any venomous beaſt, as Adder, Snake, or ſuch like, take Hore-hound, Smallage, Perrets, ſmall Mallows, and wild Tanſey, of each a like quantity, and bruiſe them, or cut them ſmall: then ſeeth them altogether in a pan, with milk, Oatmeal, and as much ſheeps ſuet, or Deers ſuet, as a Hens egge, and let it boyl till it be a thick plaiſter, then lay it upon a blew woollen cloth, and lay it to the griefe, as hot as one can ſuffer it. For any pain or ſwelling, or ſtinging of venomous Beaſts.

For any ſwelling in the leggs or feet, take a good handful of water Creſſes, and ſhread them ſmall, and put them in an earthen pot: and put thereto thick Wine lees, and wheat bran, and Sheeps ſuet, of each of them a like quantity, and let them boyl together untill they be thick; then take a linnen cloth, and bind it about the ſore and ſwelling, as hot as the party grieved can indure it, and let it remain on a whole night and a day without any removing, and when you take it away, lay to it a freſh plaiſter hot, as before, & it will take away both the pain and the ſwelling. Other Chirurgions for this grief, take hony and beer, and beat them together, and therewith bathe the ſwelling morning and evening. For ſwellings in the legs or feet.

To waſh any ſore or Ulcer, take running water, and Bolearmoniack and Camphire, and boile them together, and dip in a cloth, and lay it to the ſore, as hot as may be endured; alſo Plantain water is good to kill the heat of any ſore: or if you take Woodbine leaves, and bruiſe them ſmall, it will heal a ſore; or if you A water to waſh a ſore with.

waſh a ſore with verjuyce, that hath been burnt or ſcalded, it is a preſent remedy.

A pultis for a ſore. There be divers others, which for this griefe take the green of Gooſe dung, and boyl it in freſh butter, then ſtrain it very clean and uſe it. And Sallet oyl, and Snow water beaten together, will cure any ſcald or burning.

For any old ſore. To cure any old ſore how grievous ſoever it be, take of new milk three quarts, and a good handful of Plantain, and let it boyl till a pint be conſumed; then add three ounces of Allom made in powder, and an ounce and a half of white Sugar candy powdered. Alſo then let it boyl a little till it have a curd, then ſtrain it; with this warm, waſh the Ulcer, and all the members about it: then dry it, and lay upon the Ulcer *Unguentum Baſilicon*, ſpread on lint, and your *diminium* playſter over it, for this ſtrengthneth and killeth the itch; but if you find this is not ſharp enough, then take of milk a quart, Allom in powder two ounces, vinegar a ſpoonfull; when the milk doth ſeeth, put in the Allom and Vinegar, then take off the curd, and uſe the reſt as was before ſaid, and it will cure it.

For any ſcabs or itch. For ſcabs or itch, take *Unguentum Populion*, and therewith annoint the party, and it will help; but if it be more ſtrong and rank, take an ounce of Nerve oyl, and three pennyworth of quick-ſilver, and beat and work them together, until you ſee that aſſuredly the quick ſilver is killed, then let the party annoint therewith the palms of his hands, the boughs at his elbowes, his arm-pits, and hams, and it will cure all his body.

For the leproſie. To cure the leproſie take the juyce of Colworts, and mixe it with Allom and ſtrong Ale, and annoint the Leper therewith morning and evening, and it will cleanſe him wonderfully, eſpecially if he be purged firſt, and have ſome part of his corrupt blood taken away.

To take away pimples. To take away either pimples from the face, or any other part of the body, take virgin wax, and *Spermaceti*, of each alike quantity, and boyl them together, and dip in a fine linnen cloth, and as it cools, dip it well of both ſides, then lay upon it another fair cloath upon a table, and then fold up a cloath in your hands, and all to ſlight it with the cloath, then take as much as will cover the grieved place.

If

If any man have his privy parts burnt, take the the aſhes of a fine linnen cloth in good quantity, and put it into the former oyl of eggs, and anoint the ſore member therewith, and it will cure it. Privy parts burnt.

For any burning, take ſix new laid eggs and roaſt them very hard, and take out the yolks thereof and put them into an earthen pot, and ſet it over the fire on hot embers, and then whilſt the eggs look black, ſtir them with a ſlice untill they come to an oyl, which oyl take, clarifie, and put it into a glaſſe by it ſelfe, and therewith anoint the burning and it will cure it For any burning.

For any ſcalding with hot water, oyl, or otherwiſe, take good cream, and ſet it on the fire, and put into it the green which growes on a ſtone wall; take alſo Yarrow, the green of Elder bark and fire graſſe, and chop them ſmall, then put them into the cream, and ſtir it well till it come to an oyl ſalve, then ſtrain it, and anoint the ſore with it. For any ſcalding.

To dry up any ſore, take Smallage, Groundſil, wild Mallowes, and Violet leaves; chop them ſmall, and boyl them in milk with bruiſed Oatmeal and Sheeps ſuet, and ſo apply it to the ſore. A pultis to dry a ſore.

To eat away dead fleſh, take Stubblewort, and fold it up in a red dock leaf, or red wort leafe, and ſo roſt it in the hot embers, and ſo lay it to the ſore, and it will fret away all the dead fleſh; or otherwiſe, if you ſtrew upon the ſore a little Precipitate, it will eat away dead fleſh. To eat away dead fleſh.

To make a water to heal all manner of wounds, you ſhall take Iuph worts flowers, leaves and roots, and in *March* or *Aprill*, when the flowers are at the beſt, diſtil it; then with that water, bathe the wound, and lay a linnen cloath well therewith in the wound, and it will heal it. A water to heal wounds.

To heal any wound or cut in any fleſh or part of the body, Firſt, if it be fit to be ſtitch'd, ſtitch it up, and then take *Unguentum aurum*, and lay it upon a pleagant of lint as big as the wound, and then over it a *diminium* plaiſter made of Sallet oyl and red lead, and ſo dreſſe it at leaſt once in four and twenty hours: but if it be a hollow wound, as ſome thruſt in the body, or other members, then you ſhal take *Balſamum cephalicum* and warming it on a chafing diſh of coals, dip the tent therein, To heal any wound.

and ſo put it into the wound, then lay your plaiſter of Diminium over it, and do thus at leaſt once a day until it be whole.

For ſinews cut or ſhrunk. If a mans ſinews be cut or ſhrunk, he ſhall go to the root of the wild Neep, which is like woodbine, and make a hole in the midſt of the root, then cover it well again that no air go out nor in, nor other moyſture; this let it abide a day and a night, then go and open it, and you ſhall find therein a certain liquor, then take out the liquor and put it into a clean glaſſe, and do thus every day whilſt you find any moiſture in the hole; and this muſt onely be done in the months of *April* and *May*: then annoint the ſore therewith againſt the fire, then wet a linnen cloath in the ſame liquor, and lap it about the ſore, and the vertue will ſoon be perceived.

To break any impoſtume. To break any Impoſtume, and to ripen it, only take the green Melilot plaiſter, and lay it thereunto; and it is ſufficient.

To generall infirmities of Surgery, and firſt of burnings and ſcaldings. For burning or ſcalding, with either Liquor or Gunpowder. Take Plantain water, or Sallet oyl, and running water beaten together, and therewith anoint the ſore with a feather, till the fire be taken out, then take the white of eggs, and beat them to oyl; which done, take a hare skinne and clip the hair into the oyl, and make it as thick as you may ſpread it upon a fine linnen cloath, and ſo lay it upon the ſore, and remove it not, until it be whole, and if any riſe up of it ſelfe, clip it away with your ſhears, and if it be not perfectly whole, then take a little of the oyntment, and lay it unto the ſame place again: otherwiſe take half a buſhel of Glovers ſhreads of all ſorts, and ſo much of running water, as ſhall be thought convenient to ſeeth them, and put thereto a quarter of a pound of Burrowes greaſe, and then take halfe a buſhel of the down of Cats tails; and boyl them altogether, continually ſtirring them, untill they be ſodden, that they may be ſtrained into an earthen pot or glaſſe, and with it anoint the ſore.

For burnings or ſcaldings on the face. Or elſe take Caprifolium, Mouſe-ear, ground Ivy, and Hens dung, the reddeſt or the yelloweſt, and fry them with May butter altogether, untill it be brown, then ſtrain it through a clean cloath, and apoint the ſore therewith.

Take the middle rind of the Elm tree, and lay it two or three hours

hours in fair running water, till it wax ropy like glew, and then anoint the ſore therewith: Or otherwiſe, take ſheeps tallow and ſheeps dung, and mixe them together till they come to a ſalve, and then apply it to the ſore.

Take Plantain leaves, Daiſie leaves, the green bark of Elders, and green Germanders, ſtamp them altogether with freſh butter, or with oyl, and ſtrain it through a linnen cloath, and with a feather anoint the ſore till it be whole. An ointment for burning.

Take of the oyl Olive a pint, Turpentine a pound unwrought, Wax half a pound, Roſen a quarter of a pound, Sheeps ſuet two pound; then take of Orpents, Smallage, Ragwort, Plantain, and Sicklewort, of each a good handful, chop all theſe herbs very ſmall, and boyl them in a pan altogether upon a ſoaking fire, and ſtir them exceeding much, until they be well incorporated together; then take it from the fire, and ſtrain all through a ſtrong canvaſſe cloath into clean pots, or glaſſes, and uſe it as your occaſion ſhall ſerve, either to anoint, teint, or plaiſter.

Or otherwiſe, take Popler buds, and Elder buds, ſtamp and ſtrain them, then put thereto a little Venice Turpentine, Waxe, and Roſin, and ſo boyl them together, and therewith dreſſe the ſore. Or elſe take two handfuls of Plantain leaves, bray them ſmall, and ſtrain out the juyce, then put to it as much womans milk, a ſpoonful of Hony, a yolke of an Egg, and as much wheat flower as you think will bring it to a ſalve: then make a plaiſter thereof, and lay it unto the ſore, renewing it once in four and twenty hours. Ulcers and ſores. A ſalve for any old ſore.

Take an ounce of *Unguentum Apoſtolorum*, and an ounce of *Unguentum Ægyptiacum*, and put them together in a pot, being firſt well wrought together in a bladder; and if the fleſh be weak, put into it a little fine white Sugar, and therewith dreſſe the ſore; or otherwiſe, take only Precipitate in fine powder, and ſtrew it on the ſore. To take away dead fleſh.

Take a gallon of Smiths ſleak water, two handfuls of Sage, a pint of Hony, a quart of Ale; two ounces of Allome, and a little white Copperas: ſeeth them altogether till half be conſumed, then ſtrain it, and put it into a clean veſſel, and therewith waſh the A water for a ſore.

ſore. Or otherwiſe, take clean running water, and put therein Roch Allom, and Madder, and let them boyl till the Allom and the Madder be conſumed, then take the clearer of the water, and therewithall waſh the ſore.

Or elſe take Sage, Fennel, Cinqnefoil, of each a good handful, boyl them in a gallon of running water till they be tender, then ſtrain the liquor from the herbs and put it to a quarter of a pound of Roch Allom, and let it ſeeth again a little, till the Allom be melted, then take it from the fire, and uſe it thus: dip lint in it warm, and lay it to the ſore; and if it be hollow, apply more lint, then take a little bolſter of linnen cloath, and wet it well in the water, then wring out the water, and ſo bind on the bolſter cloſe.

A black plaiſter to heal old ſores, and kill inflammations

Take a pint of ſallet oyl, and put into it ſix ounces of red lead, and a little ceruſſe or white lead, then ſet it over a gentle fire, and let it boyl a long ſeaſon, ſtirring it well till it be ſtiff, which you ſhall try in this order; let it drop from your ſtick or ſlice, upon the bottom of a ſaucer, and ſo ſtand untill it be cold. and then if it be well boiled, it will be ſtiff and very black, then take it off and let it ſtand a little, and after ſtrain it through a cloath into a baſon, but firſt annoint the baſon with ſallet oyl, and alſo your fingers, and ſo make it up into rouls plaiſterwiſe, and ſpread it, and apply it as occaſion ſhall ſerve.

An oyntment to ripen ſores.

Take Mallows and Beets, and ſeeth them in water, then dry away the water from them, and beat the herbs well with old Boares greaſe, and ſo apply it unto the apoſtume, hot.

For the ſtinging by any venomous thing

Take a handful of Rue, and ſtamp it with rufty bacon till it come to a perfect ſalve, and therewith dreſſe the ſore till it be whole.

For a venom.

If the party be outwardly venomed, take Sage, and bruiſe it wel, and apply it unto the ſore, renewing it at leaſt twice a day; but if he be inwardly, then let the party drink the juyce of Sage, either in Wine or Ale morning and evening.

For a ring-worm.

Take Cellandine early in the morning, and bruiſe it well, and then apply it to the ſore, and renew it twice or thrice a day.

Take of Camphier one dram, of Quickſilver four pennyworth, killed

killed well with Vinegar, then mix it with two penny worth of Oyl *de bay*, and therewith annoint the body. Or otherwiſe, take red Onions, and ſeeth them in running water a good while; then bruiſe the Onions ſmall, and with the water they were ſodden in, ſtrain them in, and then waſh the infected place with the ſame. For the Itch.

Take a great quantity of the herb Bennet, and as much of red Nettles, pound them well, and ſtrain them, and with the juice waſh the Patient naked before the fire, and ſo let it drink in, and waſh him again, and do ſo divers dayes till he be whole. For the dried ſcab.

Take a penniworth of white Copperas, and as much green Copperas, a quarter of an ounce of white Mercury, a half penniworth of Allom, and burn it, and ſet all over the fire, with a pint of fair water, and a quarter of a pint of wine Vinegar, boyl all theſe together till they come to half a pint, and then anoint the ſore therewith. To kill the Itch.

Take Barrowes greaſe a pretty quantity, and take an apple and pare it, and take the coar clean out, then chop your apple and your Barrowes greaſe together, and ſet it over the fire that it may melt, but not boyl; then take it from the fire, and put thereto a pretty quantity of roſe water, and ſtir all together till it be cold, and keep it in a clean veſſel, and then anoint the face wherewith. To take away the ſcars of the ſmal pox.

Take Quick ſilver, and kill it with faſting ſpittle; then take Verdigreaſe, Arabick, Turpentine, Oyl Olive, and Populion, and mix them together to one intire oyntment, and anoint the ſores therewith, and keep the party exceeding warm. Or otherwiſe, take of Allom burned, of Roſin, Frankincenſe, Populion, Oyl of Roſes, Oyl *de bay*, Oyl Olive green Copperas, Verdigreaſe, White Lead, Mercury ſublimate, of each a pretty quantity, but of Allom moſt; then beat to powder the ſimples that are hard, and melt your oyls, and caſt in your powder, and ſtir all well together; then ſtrain them through a cloath, and apply it warm to the ſores; or elſe, take of Capons greaſe that hath toucht no water, the juyce of Rue, and the fine powder of Pepper, and mix them together to an ointment, and apply it round about the ſores, but let it not come into the ſores; and it will dry them up. For the french or ſpaniſh Pox

To put out the French or Spaniſh pox.

Take of Treacle half a penny worth, of long Pepper as much, and of Grains as much, a little Ginger, and a little quantity of Licoras, warm them with ſtrong Ale, and let the party drink it off, and lie down in his bed, and take a good ſweat; and then when the ſores ariſe, uſe ſome of the ointment before rehearſed.

To make the ſcabs of the French pox to fall away.

Take the juyce of red Fennel, and the juyce of Seagreen, and Stone honey, and mixe them very well together till it be thick, and with it anoint the party; but before you do annoint him, you ſhall make this water. Take Sage, and ſeeth it in very fair water, from a gallon to a poetle, and put therein a quantity of hony, and ſome allom, and let them boyl a little together; when you have ſtrained the herbs from the water; then put in your hony and your allom, and therewith waſh the pox firſt, and let it dry in well, and then lay on the aforeſaid ointment.

Additions to green wounds

A defenſitive for a green wound.

Take the oyle of the white of an egg, wheat flower, a little hony, and Venice Turpentine, take and ſtirre all theſe together, and ſo uſe it about the wound, but not within; and if the wound do bleed, then add to this ſalve, a little quantity of Bolearmoniack.

A ſalve for a green wound.

Take *Opoponax* and *Galbanum*, of each an ounce, *Amonianum*, and Bedlind, of each two ounces, of Lethargy of gold one pound and an half, new wax half a pound, *Lapis Calaminaris*, one ounce, Turpentine four ounces, Myrrhe two ounces, oyl *de bay* one ounce Thuſs one ounce, *Ariſtolochia* roots two ounces, oyl of Roſes two ounces, ſallet oyl two pound. All the hard Simples muſt be beaten to fine powder, and ſearſed; take alſo three pints of right Wine vinegar, and put your four gums into the vinegar, a whole day before, till the gums be diſſolved, then ſet it over the fire, and let it boyl very ſoftly, untill your vinegar be as good as boiled away; then take an earthen pot with a wide mouth, and put your oyl in, and your wax, but your wax muſt be ſcraped before you put it in; then by a little at once put in your Lethargy, and ſtir it exceedingly, then put in all your gums, and all the reſt but let your Turpentine be laſt, and ſo let it boyl till you ſee it grow to be thick; then pour it into a baſon of water, and work it with oyl of Roſes for ſticking unto your hands, and make it up in rouls plaiſter-wiſe, and here is to be noted, that your oyl of Roſes muſt

not

not be boyled with the reſt, but after it is taken from the fire, a little before the Turpentine.

Take three good handfuls of Sage, and as much of Honiſuckle leaves, and the flowers clean picked; then take one pound of Roch Allom, and a quarter of a pound of right Engliſh honey clarified, half a penniworth of grains, and two gallons of running water; then put all the ſaid things into the water, and let them ſeeth till halfe be conſumed; then take it from the fire till it be almoſt cold, and ſtrain it through a clean cloath, and put it up in a glaſſe; and then either on teint or pleagant, uſe it as you have occaſion. A water to heal any green wound, cut, or ſore.

Take a quart of Rie flower, and temper it with running water, and make dough thereof, then according to the bigneſſe of the wound, lay it within the defenſitive plaiſter before rehearſed, over it, and every dreſſing make it leſſe and leſſe till the wound be cloſed. To ſtaunch blood, and draw ſinews together.

Take a quart of Neats foot oyl, a quart of Oxe gals, a quart of Aquavitæ, a quart of Roſe water, a handful of Roſemary ſtript, and boyl all theſe together till half be conſumed, then preſſe and ſtrain it, and uſe it according as you find occaſion. A made oyl for ſhrinking ſinews.

Take Hony, Pitch, and Butter, and ſeeth them together, and anoint the hurt againſt the fire, and tent the ſore with the ſame. For a wound in the guts.

Take groundſil and ſtamp it, and ſeeth it with ſweet milk till it be thick, then temper it with black ſope, and lay it to the ſore. For pricking with a thorn.

Take Roſin, a quarter of a pound, of wax three ounces, of oyle of Roſes one ounce and a half, ſeeth them all together in a pint of white wine till it come to skimming; then take it from the fire, and put thereto two ounces of Venice Turpentine, and apply it to the wound or ſore. To gather fleſh in wounds.

Take Muſtard made with ſtrong Vinegar, the crums of brown bread, with a quantity of hony, and ſix figs mixt, temper all together wel, and lay it upon a cloath plaiſter-wiſe; put a thin cloath between the plaiſter and the fleſh, and lay it to the place grieved, as oft as need requires. Additions for ache or ſwellings.

Take a pound of fine Roſin, of oyle *de bay* two ounces, of *Popul.on* as much, of Frankincenſe half a pound, of Oyle of Spike A yellow ſarcloth for any pain or ſwelling.

two

two ounces, of oyl of Can omile two ounces, of oyle of Roſes two ounces, of Wax half a pound, of Turpentine a quarter of a pound, melt them and ſtir them well together, and then dip linnen cloaths therein, and apply the Sear-cloath as you ſhall have occaſion: and note, the more oyle you uſe, the more ſupple the Sear-cloath is, and the leſſe oyle, the ſtiffer it will be.

For bruiſes ſwelled. Take a little black ſope, ſalt and hony, and beat them well together, and ſpread it upon a brown paper, and apply it to the bruiſe.

For ſwelled legs. Take Mallowes and ſeeth them in the dregs of good Ale or Milk, and make a plaiſter thereof, and apply it to the place ſwelled.

For any ache. Take in the month of *May*, Henbane, and bruiſe it well, and put it into an earthen pot, and put thereto a pint of Sallet oyl, and ſet it in the Sun till it be all one ſubſtance, then anoint the ache therewith.

☞ A plaiſter for any pain in the joints. Take half a ponnd of unwrought waxe, as much Roſin, one ounce of *Galbanum*, a quarter of a pound of Lethargy of gold, three quarters of white lead, beaten to powder and ſearſt, then take a pint of Neats foot oyl, and ſet it on the fire in a ſmall veſſel which may contain the reſt, and when it is all moulten, then put in the powders, and ſtir it faſt with a ſlice, and try it upon the bottom of a ſaucer, when it beginneth to be ſomewhat hard; then take it from the fire, and annoint a fair board with Neats-foot oyle, and as you may handle it for heat, work it up in rouls, and it will keep five or ſix yeares, being wrapped up cloſe in paper, and when you will uſe it, ſpread of it thin upon new Lockram or Leather, ſomewhat bigger then the griefe, and ſo if the griefe remove, follow it, renewing it morning and evening, and let it be ſomewhat warm when it is laid on, and beware of taking cold, and drinking hot wines.

For bones out of joint, or ſinews ſprung or ſprained. Take four or five yolks of eggs hard ſodden or roaſted, and take the branches of great Morrell, and the berries in Summer, and in the winter the roots, and bray all well together in a morter with ſheeps milk, and then frie it untill it be very thick, and ſo make a playſter thereof, and lay it about the ſore

ſore, and it wil take away both pain and ſwelling.

Take a gallon of ſtanding Lye, put to it of Plantain and Knot graſſe, of each two handful, of Wormwood and Comfrey, of each a handful, and boyle all theſe together in the lye a good while, and when it is luke warm, bath the broken member therewith, and take the buds of the Elder gathered in *March*, and ſtrip it downward, and a little boyl them in water, then eat them in Oyl, and a very little wine vinegar, a good quantity at a time, in the morning, ever before meat, or an hour before the Patient go to dinner, and it much avails to the knitting of bones. A bathe for broken joynts.

Take Roſemary, Fetherfew, Orgaine, Pellitory of the wall, Fennel, Mallowes, Violet leaves, and Nettles, boyl all theſe together, and when it is well ſodden, put to it two or three gallons of milk, then let the party ſtand or ſit in it an hour or two, the bath reaching up to the ſtomack, and when they come out, they muſt go to bed and ſweat, and beware taking of cold. A generall bath for cleaning the skin, and comforting the body.

Make a playſter of wheat flower, and the whites of egges, and ſpread it on a double linnen cloath, and lay the playſter on an even board, and lay the broken limb thereon, and ſet it even according to nature, and lay the playſter about it and ſplint it, and give him to drink, Knitwort, the juyce thereof, twice and no more, for the third time it will unknit, but give him to drink nine dayes, each day the juyce of Cumfrey, Daiſies, and Oſmund, in ſtale Ale, and it ſhall knit, and let the foreſaid playſter lye to, ten dayes at the leaſt: and when you take it away do thus, take Horehound, red Fennell, Hounds tongue, Walwort, and Pellitory, and ſeeth them; then unrole the member, and take away the ſplints; and then bath the linnen and the playſter about the member in this bathe, till it have ſoakt ſo long, that it come gently away of it ſelfe, then take the aforeſaid playſter, and lay thereto five or ſix dayes very hot, and let each playſter lye a day and a night, and alwayes ſplint it well, and after cheriſh it with the oyntments before rehearſed for broken bones, and keep the party from unwholeſome meats and drinks till he be whole: and if the hurt be on his arme, let him bear a ball of green herbs in A ſoveraign help for broken bones.

in his hand to prevent the ſhrinking of the hand, and ſinewes.

For any fever. Take Sage, Ragwort, Yarrow, unſet Leeks, of each a like quantity, ſtamp them with Bay ſalt, and apply them to the wriſts of the hands.

To expel heat in a fever. Blanch Almonds in the cold water, and make milk of them (but it muſt not ſeeth) then put to it Sugar, and in the extremity of heat, ſee that you drink thereof.

The royal medicine for fevers. Take three ſpoonfuls of Ale, and a little Saffron, and bruiſe and ſtrain it thereto, then add a quarter of a ſpoonful of fine Treacle, and mix altogether, and drink it when the fit comes.

Another. Take two roots of Crowfoot that growes in a marſh ground, which have no little roots about them, to the number of twenty or more, and a little of the earth, that is about them, and do not waſh them and add a little quantity of Salt, and mix it well together, and lay it on linnen cloaths, and bind it about your thumbs, betwixt the firſt and the neather joint, and let it lie nine dayes unremoved, and it will expel the Fever.

An approved Medicine for the greateſt Lask, or Flixe.

Take a right Pomwater, the greateſt you can get, or elſe two little ones, roaſt them very tender to pap, then take away the skinne and the core, and uſe only the pap, and the like quantity of Chalk finely ſcraped, mix them both together upon a trencher before the fire, and work them well to a plaiſter; then ſpread it upon a linnen cloath warmed very hot as may be ſuffered, and ſo bind it unto the navil for twenty four hours, uſe this medicine twice or thrice, or more, untill the Lask be ſtaied.

Of Oyle of Swallowes.

To make the Oyle of Swallowes, take Lavender-cotten, Spike-Knot-graſſe, Ribwort, Balm, Valerian, Roſemary tops, Woodbine tops, Vine ſtrings, French mallowes, the tops of Alecoſt,

Straw

Strawberry ſtrings, Tuſſan, Plantain Walnut tree leaves, the tops of young Beets, Iſop, Violet leaves, Sage of vertue, fine Roman Wormwood, of each of them a handful, Camomile, and red Roſes, of each two handful, twenty quick Swallowes, and beat them altogether in a morter, and put to them a quart of Neats foot oyl, or May butter, and grind them all well together with two ounces of Cloves well beaten; then put them altogether in an earthen pot, and ſtop it very cloſe, that no air come into it, and ſet it nine dayes in a cellar, or cold place, then open your pot, and put into it half a pound of white or yellow wax, cut very ſmall, and a pint of oyl or butter; then ſet your pot cloſe ſtopped into a pan of water, and let it boyl ſix or eight hours, and then ſtrain it: this oyl is exceeding ſoveraign for any broken bones, bones out of joint, or any pain or grief either in the bones or ſinewes.

To make oyle of Camomile, take a quart of fallet Oyle and put it into a glaſſe, then take a handful of Camomile, and bruiſe it, and put into the oyl, and let them ſtand in the ſame, twelve dayes; only thou muſt ſhift it every three dayes, that is, to ſtrain it from the old Camomile, and put in as much of new, and that oil is very ſoveraign for any grief, proceeding from old cauſes. To make oyle of Camomile.

To make oyle of Lavender, take a pint of fallet Oyle, and put it into a glaſſe, then put to it a handful of Lavender, and let it ſtand in the ſame twelve dayes, and uſe it in all reſpects, as you did your oyle of Camomile. To make oile of Lavender.

To make an Oyle which ſhall make the skin of the hands very ſmooth, take Almonds, and beat them to oyle, then take whole Cloves, and put them both together into a glaſſe, and ſet it in the ſun five or ſix dayes, then ſtrain it, and with the ſame anoint your hands every night when you go to bed, or otherwiſe as you have convenient leiſure. To make ſmooth hands

To make that ſoveraign water, which was firſt invented by Dr *Stephens*, in the ſame form as he delivered the Receit to the Arch-biſhop of *Canterbury*, a little before the death of the ſaid Doctor. Take a gallon of good Gaſcoyn wine, then take Ginger, Galingale, Cinamon, Nutmegs, Graines, Cloves bruiſed, Fennel-ſeeds, Carraway-ſeeds, Origanum, To make Dr *Stevens* water.

of

of every of them a like quantity, that is to say, a dram, then take sage, wild marjoram, peny royall, mint, red roses, time, pellitory, rosemary, wild time, camomile, lavender, of each of them a handful; then bray the spices small, and bruise the herbs, and put all into the wine, and let it stand so twelve hours, only stirre it divers times; then distill it by a Lymbeck, and keep the first water by it selfe, for that is the best: then keep the second water, for that is good, and for the last, neglect it not, for it is very wholesome, though the worst of the three. Now for the vertue of this water, it is this: it comforteth the spirits and vitall parts, and helpeth all inward diseases that commeth of cold; it is good against the shaking of the palsie, and cureth the contraction of the sinews, and helpeth the conception of women that be barren, it killeth the wormes in the body, it cureth the cold cough, it helpeth the tooth-ach, it comforteth the stomack, and cureth the old dropsie, it helpeth the stone in the bladder, and in the reins, it helpeth a stinking breath: and whosoever useth this water moderately, and not too often, it preserveth him in good liking, and will make him seem young in old age. With this water Doctor *Stevens* preserved his own life, until such extream age, that he could neither go nor ride, and he continued his life, being bed-rid five years, when other Physitians did judge he could not live one year, when he did confesse a little before his death, saying, That if he were sick at any time, he never used any thing but this water onely: and also the Arch-bishop of *Canterbury* used it, and found such goodnesse in it, that he lived till he was not able to drink out of a cup, but sucked his drink through a hollow pipe of silver.

This water will be much the better if it be set in the Sun.

A restorative of Rosasolis.

To make a cordial Rosasolis, take Rosasolis, and in any wise, touch not the leaves thereof in the gathering, nor wash it; take thereof four good handfuls, then take two good pints of Aquavitæ, and put them both in a glasse, or pewter pot of three or four pints, and then stop the same hard and just, and so let it stand three dayes and three nights, and the third day

day, ſtrain it through a clean cloath into another glaſſe, or pewter pot, and put thereto halfe a pound of Sugar beaten ſmal, four ounces of fine Lycoras beaten into powder, halfe a pound of ſound Dates, the ſtones being taken out, and cut them and make them clean, and then mince them ſmall, and mixe all theſe together, and ſtop the glaſſe or pot cloſe and juſt, and after diſtil it through a Lymbeck, then drink of it at night to bedward, half a ſpoonful with Ale or Beer, but Ale is the better, as much in the morning faſting, for there is not the weakeſt body in the world that wanteth nature or ſtrength, or that is in a conſumption, but it will reſtore him again, and cauſe him to be ſtrong and luſty, and to have a marvellous hungry ſtomack, provided alwayes that this Roſa-ſolis be gathered (if poſſible) at the full of the Moon, when the Sun ſhineth before noon, and let the roots of them be cut away.

Additions to the Oyls.

To make oyle of Roſes or Violets.

Take the flowers of Roſes or Violets, and breake them ſmall, and put them into Sallet Oyle, and let them ſtand in the ſame ten or twelve dayes, and then preſſe it. Or otherwiſe take a quart of Oyle Olive, and put thereto ſix ſpoonfuls of clean water, and ſtirre it well with a ſlice, till it waxe as white as milk; then take two pound of red Roſe leaves, and cut the white of the ends of the leaves away, and put the Roſes into the Oyle, and then put it into a double glaſſe, and ſet it in the Sun all the Summer time, and it is ſoveraign for any ſcalding or burning with water or fyre.

Or elſe take red Roſes new plucked, a pound or two, and cut the white ends of the leaves away, then take May butter, and melt it over the fire with two pound of Oyle Olive, and when it is clarified, put in your Roſes, and put it all in a veſſel of glaſſe, or of earth, and ſtop it well about, that no air enter in or out, and ſet it in another veſſel with water, and let it boyl half a day or more, and then take it forth and ſtrain or preſſe it through a cloath, and put it into glaſſe bottles: this is good for all manner of unkind heats.

To make Oyl of Nutmegs.

Take two or three pound of Nutmegs, and cut them ſmall, and bruiſe them well, then put them into a pan, and beat them, and ſtir them about, which done, put them into canvaſs

canvaſſe or ſtrong linnen bag, and cloſe them in a preſſe, and preſs them, and get out all the liquor of them, which will be like *manna*; then ſcrape it from the canvaſſe bag, as much as you can with a knife; then put it into ſome veſſel or glaſſe, and ſtop it well, but ſet it not in the Sun, for it will wax clean of it ſelf, within 10 or 15 dayes, and it is worth thrice ſo much as the Nutmegs themſelves, and the oyl hath very great vertue in comforting ſtomack, and inward parts, and aſſwaging the pain of the Mother, and Sciatica.

To make perfect oyle of Spike.

Take the flowres of Spike, and waſh them only in oyle Olive, and then ſtamp them well, then put them in a canvas bag, and preſſe them in a preſſe as hard as you can, and take that which commeth out, carefully, and put it into a ſtrong veſſel of glaſſe, and ſet it not in the Sun, for it will clear of it ſelfe, and wax fair and bright, and will have a very ſharp odour of the Spike; and thus you may make oyl of other herbs of like nature, as Lavender, Camomile, and ſuch like.

To make oile of Maſtick.

Take an ounce of Maſtick, and an ounce of Olibanum pounded as ſmall as is poſſible, and boyl them in oyl Olive (a quart to a third part;) then preſſe it, and put it into a glaſſe, and after ten or twelve dayes it will be perfect: it is exceeding good for any cold grief.

Thus having in a ſummary manner, paſſed over all the moſt Phyſical and Chyrurgical notes, which burthen the mind of our *Engliſh Houſe-wife*, being as much as is needful, for the preſervation of the health of her family; and having in this Chapter, ſhewed all the inward vertues wherewith ſhe ſhould be adorned: I will now return unto her more outward and active knowledges, wherein albeit the mind be as much occupied as before, yet is the body a great deal more in uſe: neither can the work be well effected by rule or direction.

THE

The Engliſh Houſe-wifes Skill in Cookery.

CHAP. I.

Of the outward and active Knowledge of the Houſe-wife, and of her Skill in Cookery, as Sallets of all ſorts, with Fleſh, Fiſh, Sauces, Paſtery, Banquetting-ſtuff, and ordring of great Feaſts.

TO ſpeak then of the outward and active Knowledges which belong unto our Engliſh Houſe-wife, I hold the firſt and moſt principall to be, a perfect skill and Knowledge in Cookery, together with all the ſecrets belonging to the ſame, becauſe it is a duty really belonging to women; and ſhe that is utterly ignorant therein, may not by Laws of ſtrict Juſtice, challenge the freedome of Marriage, becauſe indeed ſhe can then but perform half her vow: for ſhe may love and obey, but ſhe cannot cheriſh, ſerve, and keep him with that true duty which is ever expected.

She muſt know all herbs

To proceed then to this Knowledge of Cookery, you ſhall underſtand that the firſt ſtep thereunto is, to have knowledge of all ſorts of herbs belonging unto the Kitchin; whether they be for the Pot, for Sallets, for Sauces, for ſervings, or for any other ſeaſoning or adorning; which skill of Knowledge of the herbs, ſhe muſt get by her own true labour and experience and not by my relation, which would be much too tedious; and for the uſe of them, She ſhall ſee it in the compoſition of diſhes and meat hereafter following. She ſhall alſo know the time of the year, month, and Moon, in which all Herbs are to be ſown; and when they are in their beſt flouriſhing

riſhing, that gathering all herbs in their height of goodneſſe, ſhe may have the prime uſe of the ſame. And becauſe I will inable and not burden her memory, I will here give her a ſhort Epitomy of all that Knowledge.

Her skill in the Garden.

Firſt then, let our Engliſh Houſwife know, that ſhe may then at all times of the month and moon generally ſow Aſparagus, Coleworts, Spinage, Lettice, Parſnips, Raddiſh, and Chives.

In *February*, in the New of the Moon, ſhe may ſow Spike, Garlick, Borage, Bugloſe, Chervile, Coriander, Gourds, Creſſes, Marjoram, Palma Chriſti, Flowre gentle, white Poppy, Purſlain, Radiſh, Rocket, Roſemary, Sorrel, double Marygolds and Time. The Moon full ſhe may ſow Anniſeed, Muſked violets, Beets, Skirrits, white Succory, Fennel, and Parſley. The Moon old, ſow Holy thiſtle, cole Cabadge, white cole, green cole, Cucumbers, Hartſhorn, Dyers grain, Cabadge, Lettice, Mellions, Onions, Parſnips, Larks heel, Burnet, and Leeks.

In *March*, the Moon new ſow Garlick, Borrage, Bugloſe, Chervile, Coriander, Gourds, Marjoram, white Poppy, Purſlain, Radiſh Sorrel, double Marigolds, Time, Violets. At the full Moon, Anniſeed, Beets, Skirrits, Succory; Fennel, Apples of Love, and Marvellous Apples. At the wain, Hartichokes, Baſill, Bleſſed-thiſtle, cole Cabbadge, white Cole, green cole, Citrons, Cucumbers, Hartſ-horn, Samphire, Spinage, Gilly-flowrs, Iſop, Cabadge, Lettice, Mellons, Mugrets, Onions, Flower Gentil, Burnet, Leeks, and Savory. In *May*, the Moon old, ſow bleſſed thiſtle. In *June*, the Moon new, ſow Gourds and Radiſhes. The moon old, ſow Cucumbers, Mellons, Parſnips. In *July*, the Moon at full, ſow white Succory; and the moon old, ſow Cabadge Lettice. Laſtly, in *Auguſt*, the Moon at the full, ſow white Succory.

Tranſplanting of herbs.

Alſo ſhe muſt know that Herbs growing of Seeds may be tranſplanted at all times, except Chervile, Arage, Spinage, and Parſley, which are not good being once tranſplanted: obſerving ever to tranſplant them in moiſt and rainy weather.

Choice of ſeedes.

Alſo ſhe muſt know that the choice of ſeeds are two fold of which ſome grow beſt being new, and Cucumbers and Leeks, and

and ſome being old, as Coriander, Parſley, Beets, Origan, Savory, Creſſes, Spinage, and Poppy: you muſt keep cold Lettice, Hartichokes, Baſil, Holy thiſtle, Cabage, Cole, Dyers grain, and Mellions fifteen dayes after they put forth of the earth.

Alſo ſeeds proſper better being ſown in temperate weather then in hot, cold, or dry dayes. In the month of April, the Moon being new, ſow Marjoram, Flowre-gentle, Time, Violets: in the full Moon Apples of Love. and marvellous apples; and in the Wain, Hartichokes, Holy thiſtle, Cabage, Cole, Citrons, Hartſhorn, Samphire Gillyflowres and Parſnips.

Seeds muſt be gathered in fair weather at the wain of the Moon, and kept ſome in Boxes of Wood, ſome in bags of Leather, and ſome in Veſſels of Earth, and after to be well cleanſed and dryed in the Sun or ſhadow: otherſome, as Onions, Chibols, and Leeks, muſt be kept in their husks: Laſtly, ſhe muſt know that it is beſt to plant in the laſt quarter of the Moon: to gather grafts in the laſt but one, and to graft two dayes after the change; and thus much for her Knowledge briefly of Hearbs, and how ſhe ſhall have them continually for her uſe in the Kitchin. Gathering of ſeeds.

It reſteth now that I proceed unto Cookery it ſelf, which is the dreſſing and ordering of meat, in good and wholſome manner; to which when our Houſwife ſhall addreſs her ſelf, ſhe ſhall well underſtand that theſe qualities muſt ever accompany it: Firſt, ſhe muſt be cleanly both in body and garments, ſhe muſt have a quick eye, a curious noſe, a perfect taſte, and ready ear; (ſhee muſt not be butter fingred, ſweet toothed, nor faint hearted) for the firſt will let every thing fall, the ſecond will conſume what it ſhould increaſe; and the laſt will loſe time with too much niceneſſe. Now for the ſubſtance of the Art it ſelf, I will divide it into five parts: The firſt, Sallets and Fricaſes; the ſecond, boyled Meats and Broths; the third, Roſte meats and Carbonadoes: the fourth Bak't meats and Pyes; and the fift banquetting and made diſhes, with other conceits and ſecrets. Of Cookery and the parts thereof.

Fift then to ſpeak of Sallets, there be ſome ſimple, ſome compounded, ſome onely to furniſh out the Table, and ſome both for uſe and adornation: your ſimple Sallets are Chibols pilled Of Sallets, ſimple and plain.

pilled, waſht clean, and half of the green topps cut clean away, ſo ſerved on a fruit diſh; or Chives, Scallions, Radiſh-rootes, boyled Carrets, Skirrets, and Turnips, which ſuch like ſerved up ſimply: alſo, all young Lettice, Cabbage-lettice, Purſlane, and divers other herbs which may be ſerved ſimply without any thing but a little Vineger, Sallet Oyl, and Suger: Onions boyled, and ſtript from their rind, and ſerved up with Vineger, Oyle, and Pepper, is a good ſimple Sallet; ſo is Camphire, Bean cods, Sparagus, and Cucumbers, ſerved in likewiſe with Oyle, Vineger, and Pepper, with a world of others, too tedious to nominate.

Of compound Sallets.

Your compound Sallets, are firſt the young Buds and Knots of all manner of wholſome Herbs at their firſt ſpringing; as red Sage, Mint, Lettice, Violets, Marigolds, Spinage, and many other mixed together, and then ſerved up to the Table with Vinegar, Sallet-Oyle, and Suger.

Another compound Sallet.

To compound an excellent Sallet, and which indeed is uſuall at great Feaſts, and upon Princes Tables. Take a good quantity of blancht Almonds, and with your ſhredding knife cut them groſſely; then take as many Raiſins of the Sun clean waſht, and the ſtones pickt out, as many Figs ſhred like the Almonds, as many Capers, twice ſo many Olives, and as many Currants as of all the reſt, clean waſht: a good handfull of the ſmall tender leaves of red Sage and Spinage: mixe all theſe well together with good ſtore of Sugar, and lay them in the bottome of a great diſh; then put unto them Vineger and Oyl, and ſcrape more Suger over all: then take Oranges and Lemmons, and paring away the outward pilles, cut them into thinne ſlices, then with thoſe ſlices cover the Sallet all over; which done, take the fine thinne leafe of the red Cole flowre, and with them cover the Oranges and Lemmons all over; then over thoſe Red leaves lay another courſe of old Olives, and the ſlices of well pickled Cucumbers, together with the very inward heart of Cabbage lettice cut into ſlices, then adorn the ſides of the diſh, and the top of the Sallet with more ſlices of Lemons and Oranges, and ſo ſerve it up.

To make an excellent compound boyl'd Sallet: take of Spinage,

Spinage well waſht, two or three handfuls, and put into it fair water, and boyl it till it be exceeding ſoft, and tender as pap; then put it into a Cullander, and drain the water from it, which done, with the back ſide of your Chopping knife chop it, and bruiſe it as ſmall as may be; then put it into a Pipkin with a good lump of ſweet butter, and boyl it over againe; then take a good handfull of Currants cleane waſht, and put to it, and ſtir them well together; then put to as much Vinegar as will make it reaſonable tart, and then with Sugar ſeaſon it according to the taſte of the Maſter of the houſe, and ſo ſerve it upon ſippets. An excellent boyled Sallet.

Your preſerved Sallats are of two kinds, either pickled, as are Cucumbers, Samphire, Purſlan, Broom, and ſuch like; or preſerved with Vinegar, as Violets, Primroſe, Cowſlips, Gilly flowers, of all kinds, Broom-flowers, and for the moſt part any wholſome flower whatſoever. Of preſerving of Sallats.

Now for the pickling of Sallats, they are only boyled and then drained from the water, ſpread upon a Table, and good ſtore of ſalt thrown over them, then when they are thorough cold, make a pickle with water, ſalt, and a little vinegar, and with the ſame, pot them up in cloſe earthen pots, and ſerve them forth as occaſion ſhall ſerve.

Now for preſerving of Sallats; you ſhall take any of the flowers before-ſaid, after they have been picke clean from their ſtalks, and the white ends (of them which have any) clean cut away, and waſht and dryed, and taking a glaſſe pot, like a Gally-pot, or for want thereof a gally-pot it ſelfe, and firſt ſtrew a little Sugar in the bottom, then lay a layer of the Flowers, then cover that layer over with Sugar, then lay another layer of the Flowers, and another of Sugar; and thus do one above another till the pot be filled, ever and anon preſſing them hard down with your hand: this done, you ſhall take of the beſt and ſharpeſt Vinegar you can get, (and if the Vinegar be diſtilled vinegar, the flowers will keep their colours the better) and with it fill up your pot till the Vinegar ſwim aloft, and no more can be received; then ſtop up the pot cloſe, and ſet them in a dry temperate place, and uſe them at pleaſure, for they will laſt all the year.

The making of Strange Sallets.

Now for the compounding of Sallats, of theſe pickled and preſerved things, though they may be ſerved up ſimply of themſelves, and are both good and dainty; yet for better curioſity, and the finer adorning of the Table, you ſhall thus uſe them. Firſt, if you would ſet forth any Red flower, that you know or have ſeen, you ſhall take your pots of preſerved Gilliflowers, and ſuting the colours anſwerable to the flower you ſhall proportion it forth, and lay the ſhape of the Flower in a Fruit diſh; then with your Purſlan leaves, make the green Coffin of the Flower, and with the Purſlan ſtalks, make the ſtalk of the flower, and the diviſions of the leaves and branches; then with the thinne ſlices of Cowcumbers, make their leaves in true proportions, jagged or otherwiſe: and thus you may ſet forth ſome full blown, ſome halfe blown, and ſome in the bud, which will be pretty and curious. And if you will ſet forth yellow flowers, take the pots of Primroſes and Cowſlips, if blew flowers, then the pots of Violets, or Bugloſſe flowers; and theſe Sallets are both for ſhew and uſe, for they are more excellent for taſte, then for to look on.

Sallets for ſhew only.

Now for Sallets for ſhew only, and the adorning and ſetting out of a Table with number of diſhes, they be thoſe which are made of Carret roots of ſundry colours well boyled, and cut into many ſhapes and proportions, as ſome into Knots, ſome in the manner of Scutions, and Armes, ſome like Birds, and ſome like Wild Beaſts, according to the Art and cunning of the Workman; and theſe for the moſt part are ſeaſoned with Vinegar, Oyl, and a little Pepper. A World of other Sallets there are, which time and experience may bring to our Houſ-wifes eye, but the compoſition of them, and the ſerving of them, differeth nothing from theſe already rehearſed.

Of Fricaſes and Quelquechoſes.

Now to proceed to your Fricaſes, or Quelquechoſes, which are diſhes of many compoſitions, and ingredients, as Fleſh, Fiſh, Egs, Herbs, and many other things, all being prepared and made ready in a frying pan, they are likewiſe of two ſorts, ſimple and compound.

Of ſimple Fricaſes.

Your ſimple Fricaſes are Egges and Collops fryed, whether the

the Collops be of Bacon, Ling, Beef, or young Pork, the frying whereof is ſo ordinary, that it needeth not any relation, or the frying of any Fleſh, or Fiſh ſimple of it ſelf with butter or ſweet Oyl.

To have the beſt Collops and Egges, you ſhall take the whiteſt and youngeſt Bacom, and cutting away the ſword, cut the Collops into thinne ſlices, lay them in a diſh, and put hot water unto them, and ſo let them ſtand an hour or two, for that will take away the extream ſaltneſſe; then drain away the water clean, and put them in a dry pewter diſh, and lay them one by one, and ſet them before the heat of the fire, ſo as they may toaſt; and turne them ſo, as they may toaſt ſufficiently thorow and thorow: which done, take your Egges and break them into a diſh, and put a ſpoonfull of Vinegar unto them: then ſet on a clean Skillet with fair water on the fire, and as ſoon as the water boyleth, put in the Egges, and let them take a boyl or two; then with a ſpoon try if they be hard enough, and then take them up and trim them, and dry them, and then diſhing up the Collops, lay the Eggs upon them, and ſo ſerve them up: and in this ſort, you may poach Egges when you pleaſe, for it is the beſt and moſt wholeſome. Beſt Collops and eggs.

Now the compound Fricaſes are thoſe which conſiſt of many things, as Tanſies, Fritters, Pancakes, and any Quelquechoſe whatſoever, being things of great Requeſt and Eſtimation in *France*, *Spain*, and *Italy*, and the moſt curious Nations. Of the compound Fricaſes.

First, then for making the beſt Tanſie, you ſhall take a certain number of Eggs, according to the bigneſſe of your Frying-panne, and break them into a diſh, abating ever the white of every third Egge: then with a ſpoon, you ſhall cleanſe away the little white Chickens knots, which ſtick unto the yolks; then with a little Cream, beat them exceedingly together: then take of green Wheat blades, *Violet leaves*, *Strawbery leaves*, *Spinage*, and *Succory*, of each a like quantity, and a few *Walnut Tree buds*; chop and beat all theſe very well, and then ſtrain out the juyce, and mixing it with a little more Cream, put it to the Eggs, and ſtir all well together; then To make the beſt Tanſey.]

put in a few Crums of bread, fine grated bread, Cinamon, Nutmegge, and Salt; then put ſome ſweet Butter into the Frying-pan, and ſo ſoon as it is diſſolved or melted, put in the Tanſey, and fry it brown without burning, and with a diſh turn it in the panne as occaſion ſhall ſerve; then ſerve it up, having ſtrewed good ſtore of Sugar upon it, for to put in Sugar before, will make it heavy: Some uſe to put of the herb Tanſey into it, but the Walnut-tree buds do give the better taſt or relliſh, and therefore, when you pleaſe for to uſe the one, do not uſe the other.

The beſt Fritters. To make the beſt Fritters, take a pint of Cream and warm it; then take eight Egges, only abate four of the Whites, and beat them well in a diſh, and ſo mixe them with the Cream; then put in a little Cloves, Mace, Nutmeg, and Saffron, and ſtirre them well together: then put in two ſpoonfulls of the beſt Ale barm, and a little Salt, and ſtirre it again, then make it thick according unto your pleaſure with wheat flower; which done, ſet it within the air of the fire, that it may riſe and ſwell, which when it doth, you ſhall beat it in once or twice; then put into it a penny pot of Sack: all this being done, you ſhall take a pound or two of very ſweet ſeame, and put it into a panne, and ſet it over the fire, and when it is moulten, and beginnes to bubble, you ſhall take the Fritter-batter, and ſetting it by you, put thick ſlices of well pared Apples into the Batter, and then taking the Apples and Batter out together with a ſpoon, put it into the boyling ſeam, and boyl your Fritters criſpe and brown: And when you find the ſtrength of your ſeame conſume or decay, you ſhall renew it with more ſeame: and of all ſorts of ſeame, that which is made of the Beef-ſuet is the beſt and ſtrongeſt: when your Fritters are made, ſtrew good ſtore of Sugar and Cinamon upon them, being faire diſht, and ſo ſerve them up.

The beſt Pancakes. To make the beſt Pancake, take two or three Egges, and break them into a diſh, and beat them well; then adde unto them a pretty quantity of fair running Water, and beat all well together: then put in Cloves, Mace, Cinamon, and Nutmeg, and ſeaſon it with Salt; which done, make it as thick as you

you think good with fine Wheat-flower, then fry the Cakes as thinne as may be with ſweet butter, or ſweet ſeame, and make them brown, and ſo ſerve them up with Sugar, ſtrowed upon them. There be ſome which mixe Pancakes with new Milk or Cream, but that makes them tough, cloying and not ſo criſp, pleaſant and ſavory as running water.

To make the beſt Veale Toſts, take the Kidney, fat and all, of a loyn of Veale roſted, and ſhred it as ſmall as is poſſible; Then take a couple of Egges and beat them very well; which done, take Spinnage, Succory, Violet-leaves, and Marigold-leaves, and beat them, and ſtrain out the juyce, and mixe it with the Egges: then put it to your Veale, and ſtirre it exceedingly well in a diſh; then put to good ſtore of Currants clean waſht and pickt, Cloves, Mace, Cinamon, Nutmeg, Sugar, and Salt, and mixe them all perfectly well together: then take a manchet and cut it into Toſts, and toſt them well before the fire; then with a ſpoon lay upon the Toſt in a good thickneſſe, the Veal, prepared as before-ſaid; which done, put into your Frying-pan good ſtore of ſweet butter, and when it is well melted and very hot, put your Toſtes into the ſame with the bread ſide upward, and the fleſh ſide downward, and as ſoon as you ſee they are fryed brown, lay upon the upper ſide of the Toſts which are bare, more of the fleſh meat, and then turn them, and fry that ſide brown alſo; then take them out of the panne, and diſh them up, and ſtrow Sugar upon them, and ſo ſerve them forth. Veal Toſts.

There be ſome Cooks which will do this but upon one ſide of the Toſts, but to do it on both is much better; if you add Cream it is not amiſſe.

To make the beſt Panperdy, take a dozen Egges, and break them, and beat them very well; then put unto them Clover, Mace, Cinamon, Nutmeg, and good ſtore of Sugar, with as much Sall as ſhall ſeaſon it: then take a Manchet, and cut it into thick ſlices like Toſtes; which done, take your Frying-panne, and put into it good ſtore of ſweet butter, and being melted, lay in your ſlices of bread, then powr upon them one half of your Egges, then when it is fryed, with a diſh turn your ſlices of bread upward, and then powre on them the other To make the beſt Pamperdy.

ther half of your Egges, and ſo turn them till both ſides be brown; then diſh it up, and ſerve it with Sugar ſtrewed upon it.

To make any Quelquechoſe

To make a Quelquechoſe, which is a mixture of many things together; take the Eggs and break them, and do away one half of the Whites, and after they are beaten, put them to a good quantity of ſweet Creame, Currants, Cinamon, Cloves, Mace, Salt, and a little Ginger, Spinage, Endive, and Mary-gold flowers groſſely chopt, and beat them all very well together; then take Pigges Pettitoes ſlic'd and groſſely chopt, mixe them with the Eggs, and with your hand ſtirre them exceeding well together; then put ſweet butter in your Frying-panne, and being melted, put in all the reſt, and fry it brown without burning, ever and anon turning it, till it be fryed enough; then diſh it up upon a flat plate, and ſo ſerve it forth. Only here is to be obſerved, that your Pettitoes muſt be very well boyled before you put them into the Fry-caſe.

Additions to the Houſewife

And in this manner, as you make this Quelquechoſe, ſo you may make any other, whether it be of fleſh, ſmall Birds, ſweet Roots, Oyſters, Muſſels, Cockles, Giblets, Lemons, Oranges, or any Fruit, Pulſe, or other Sallat herb whatſoever, of which to ſpeak ſeverally, were a Labour infinite, becauſe they vary with mens opinions. Only the compoſition, and work is no other than this before preſcribed; and who can do theſe, need no further inſtruction for the reſt. And thus much for *Sallets* and *Fricaſes*.

Cookery.

To make Fritters.

To make Fritters another way; take Flower, Milk, Barm, grated bread, ſmall Raiſins, Cinamon, Sugar, Cloves, Mace, Pepper, Saffron, and Salt; ſtirre all theſe together very well with a ſtrong ſpoon, or ſmall ladle, then let it ſtand more than a quarter of an hour, that it may riſe; then beat it in again, and thus let it riſe, and be beat in twice or thrice at leaſt; then take it and bake them in ſweet and ſtrong ſeame, as hath been before ſhewed, and when they are ſerved up to the Table, ſee you ſtrow upon them good ſtore of Sugar, Cinamon, and Ginger.

To make the beſt white Puddings.

Take a pint of the beſt, thickeſt, and ſweeteſt Creame, and boyl

boyl it, then whilſt it is hot, put thereunto a good quantity of great ſweet Oatmeale Grots very ſweet, and clean pickt, and formerly ſteept in milk twelve hours at leaſt, and let it ſoak in this Creame another night; then put thereto at leaſt eight yolkes of Egges, a little Pepper, Cloves, Mace, Saffron, Currants, Dates, Sugar, Salt, and great ſtore of Swines Suet, or for want thereof, great ſtore of Beef ſuet, and then fill it up in the farmes according unto the order of good Houſe-wiferie; and then boyl them on a ſoft and gentle fire, and as they ſwell, prick them with a great Pin, or ſmall Awl, to keep them that they burſt not; and when you ſerve them to the Table, (*which muſt not be untill they be a day old*) firſt boyl them a little, then take them out, and toaſt them brown before the fire, and ſo ſerve them, trimming the edge of the diſh either with Salt or Sugar.

Puddings of a Hogs Liver.

Take the Liver of a fat Hogge, and parboyl it; then ſhred it ſmall, and after beat it in a Mortar very fine; then mixe it with the thickeſt and ſweeteſt Cream, and ſtrain it very well through an ordinary ſtrainer: then put there to ſix yolkes of Egges and two Whites, and the grated crummes of (near hand) a penny White loave with good ſtore of Currants, Dates, Cloves, Mace, Sugar, Saffron, Salt, and the beſt Swines ſuet, or Beef-ſuet, but Beef-ſuet is the more wholſome, and leſſe looſning; then after it hath ſtood a while, fill it into the Farmes, and boyl them as before ſhewed: and when you ſerve them unto the Table, firſt boyl them a little, then lay them on a Gridiron over the coals, and broyl them gently, but ſcorch them not, nor in any wiſe break their skinnes, which is to be prevented by oft turning and toſſing them on the Gridiron, and keeping a ſlow fire.

To make bread puddings.

Take the Yolkes and Whites of a dozen or fourteen Egges, and have beat them very well, put unto them the fine powder of Cloves, Mace, Nutmegges, Sugar, Cinamon, Saffron, and Salt; then take the quantity of two loaves of white grated Bread, Dates (very ſmall ſhred) and great ſtore of Currants, with good plenty either of Sheeps, Hoggs, or Beef ſuet beaten and cut ſmall: then when all is mixt, and ſtirred well together, and hath ſtood a while to ſettle, then fill it into the Farmes

Farms, as hath been before ſhewed, and in like manner boyl them, cook them, and ſerve them to the Table.

Rice puddings. Take halfe a pound of Rice, and ſteep it in new Milk a whole night, and in the morning drain it, and let the Milk drop away, and take a quart of the beſt, ſweeteſt, and thickeſt Cream, and put the Rice into it, and boyl it a little; then ſet it to cool an hour or two, and after put in the Yolkes of halfe a dozen Eggs, a little Pepper, Cloves, Mace, Currants, Dates, Sugar, and Salt; and having mixt them well together, put in great ſtore of Beef ſuet well beaten, and ſmall ſhred, and ſo put it into the farms, and boyl them as before ſhewed, and ſerve them after a day old.

Another of Liver. Take the beſt Hogs Liver you can get, and boyl it extreamly, till it be as hard as a ſtone, then lay it to cool, and being cold, upon a bread grater grate it all to powder; then ſift it through a fine Meal-ſive, and put to it the crummes of (at leaſt) two penny loaves of white bread, and boyl all in the thickeſt and ſweeteſt Cream you have, till it be very thick; then let it cool, and put to it the yolkes of halfe a dozen Egges, a little Pepper, Cloves, Mace, Currants, Dates ſmall ſhred, Cinamon, Ginger, a little Nutmeg, good ſtore of Sugar, a little Saffron, Salt, and of Beef, and Swines ſuet, great plenty, then fill it into the Farmes, and boyl them as before ſhewed.

Puddings of a Calves Mugget. Take a Calves Mugget, clean and ſweet dreſt, and boyl it well; then ſhred it as ſmall as is poſſible, then take of Strawberry leaves, of Endive, Spinage, Succory, and Sarnell, of each a pretty quantity, and chop them as ſmall as is poſſible, and then mixe them with the Mugget; then take the yolkes of half a dozen Egges, and three whites, and beat them into it alſo; and if you find it is too ſtiffe, then make it thinner with a little Creame warmed on the fire, then put in a little Pepper, Cloves, Mace, Cinamon, Ginger, Sugar, Currants, Dates, and Salt, and work altogether, with caſting in little pieces of ſweet butter one after another, till it have received good ſtore of butter, then put it up in the Calves-bag, Sheeps-bag, or Horſe-bag, and then boyl it well, and ſo ſerve it up.

Take

Take the blood of a Hogge whilſt it is warme, and ſteep it in a quart or more of great Oate-meal grotes, and at the end of three dayes with your hands take the Grotes out of the blood, and drain them clean; then put to thoſe Grotes more then a quart of the beſt Cream warm'd on the fire; then take mother of Time, Parſley, Spinage, Succory, Endive, Sorrel, and Straw berry leaves, of each a few chopt exceeding ſmall, and mixe them with the Grotes, and alſo a little Fennel-ſeed, finely beaten, then adde a little Pepper, Cloves, and Mace, Salt, and great ſtore of ſuet finely ſhred, and well beaten: then therewith fill your Forms, and boyl them, as hath been before deſcribed. A Pudding.

Take the largeſt of your Chines of Pork, and that which is called a Liſt, and firſt with your Knife cut the lean thereof into thinne ſlices, and then ſhred ſmall thoſe ſlices, and then ſpread it over the bottome of a diſh or woodden platter: then take the fat of the Chine and the liſte, and cut it in the very ſelf ſame manner, and ſpread it upon the lean, and then cut more lean, and ſpread it upon the fat, and thus do one lean upon another, till all the Pork be ſhred, obſerving to beginne and end with the lean: then with your ſharp Knife ſcotch it through and through divers wayes, and mixe it all well together: then take good ſtore of Sage, and ſhred it exceeding ſmall, and mixe it with the fleſh; then give it a good ſeaſon of Pepper and Salt, then take the formes made as long as is poſſible, and not cut in pieces as for puddings, and firſt blow them well to make the meat ſlip, and then fill them: which done, with threds divide them into ſeveral links as you pleaſe; then hang them up in the corner of ſome Chimny clean kept, where they may take air of the fire, and let them dry there at leaſt four dayes before any be eaten; and when they are ſerved up let them be either fryed, or broyled on the Grydiron, or elſe roaſted about a Capon. Links.

It reſteth now that wee ſpeak of boyl'd meat and brothes, which foraſmuch as our Houſwife is intended to be general, one that can as well feed the poor as the rich, we firſt begin with thoſe ordinary wholſome boyl'd meats which are of uſe in every good mans houſe; therefore to make the beſt ordinary Of boyled meats ordinary

nary Pottage, you shall take a rack of mutton cut into pieces; or a leg of mutton cut into pieces; for this meat, and these joynts are the best although any other joynt or any fresh Beef will likewise make good Pottage, and having washt your meat well, put it into a clean pot with fair water, and set it on the fire then take *Violet* leaves, *Succory*, *Strawbery* leaves, *Spinage*, *Langdebeef*, *Marygold* flowrs, *Scallions*, and a little *Parsley*, and chop them very small together: then take half so much Oat meale well beaten as there is herbs, and mixe it with the herbs, and chop all very well together, then when the pot is ready to boyl, scum it very well, and then put in your Hearbs, and so let it boyl with a quick fire, stirring the meat oft in the pot, till the meat be boyl'd enough, and that the herbs and water are mixt together without any separation, which will be after the consumption of more then a third part: Then season them with salt and serve them up with the meat, either with sippets or without.

Pottage without sight of herbs.

Some desire to have their pottage green, yet no hearbs to be seen, in this case, you must take your hearbs and oat meal, and after it is chopt put it into a stone morter, or bowl; and with a wooden pistel beat it exceedingly, then with some of the warme liquor in the pot, strain it as hard as may be, and so put it in and boyl it.

Pottage without herbs.

Others desire to have pottage without any herbs at all, and then you must only take Oat meal beaten, and good store of Onions and put them in, and boyl them together; and thus doing you must take a greater quantity of oat meal then before.

Pottage with herbs.

If you will make pottage of the best and daintiest kind, you shall take Mutton, Veal or Kidde, & having broken the bones but not cut the flesh in pieces, and washt it, put it into a pot with fair water; after it is ready to boyl, and throughly skumm'd, you shall put in a good handfull or two of small Oat meal: and then take whole Lettice, of the best and most inward leaves, whole Spinage, Endive, Succory, and whole leaves Cole flowrs or the inward part of white Cabbage, with two or three slic't Onions: & put all into the pot, and boyl them well together till the meat be enough, and the Hearbs so soft as may be, and stirre them oft well together; and then season it with salt, and as much Verjuyce

juyce as will only turn the taſt of the Pottage; and to ſerve them up, covering the meat with the whole herbs; and adorning the diſh with ſippets.

To make ordinary ſtew'd broth. To make ordinary ſtew'd broth, you ſhall take a neck of Veal or a legg, or mary bone of beef, or a pullet, or mutton, and after the meat is waſht, put it into a pot with fair water, and being ready to boly, skumme it well: then you ſhall take a couple of Manchets, and paring away the cruſt, cut it into thick ſlices, and lay them in a diſh, and cover them with hot broth out of the pot; when they are ſteept, put them and ſome of the broth into a ſtrainer and ſtrain it, and then put it into a pot: then take halfe a pound of Prunes, halfe a pound of Raiſins, and a quarter of a pound of Currants cleane pickt and waſht, with a little whole Mace, and two or three bruiſed Cloves, and put them into the pot, and ſtirre all well together, and ſo let them boyle till the meat be enough, then if you will alter the colour of the broth, put in a little Turnſoyle, or red Sanders, and ſo ſerve it upon ſippets, and the fruit uppermoſt.

A fine boyled meat. To make an excellent boyled meat, take four pieces of a rack of mutton, and waſh them clean, and put them into a pot well ſcoured with fair water; then take a good quantity of Wine and Verjuyce, and put it into it; then ſlice a handfull of Onions, and put them in alſo, and ſo let them boyl a good while, then take a piece of ſweet Butter with Ginger and Salt, and put it to alſo, and then make the broth thick with grated bread, and ſo ſerve it forth with ſippets.

To boyl a Mallard. To boyl a *Mallard* curiouſly, take the *Mallard* when it is fair dreſſed, waſhed and truſt, and put it on a ſpit and roaſt it till you get the gravy out of it: then take it from the ſpit and boyl it, then take the beſt of the broth into a pipkin, and the gravy which you ſaved, with a peece of ſweet butter, and Currants Vineger, Pepper, and grated Bread: Thus boyl all theſe together, and when the *Mallard* is boyled ſufficiently, lay it on a diſh with ſippets, and the broth upon it, and ſo ſerve it forth.

To make an excellent *Olepotride*, which is the onely principall

pall diſh of boyled meat which is eſteemed in all *Spain*: you ſhall take a very large veſſel pot or Kettle, and filling it with water, you ſhall ſet it on the fire, and firſt put in good thick gobbets of well fed beef, and being ready to boyl, skum your pot; when the beef is half boyled, you ſhall put in it Potato-roots, Turneps and Carrets: alſo like gobbets of the beſt Mutton, and the beſt Pork; after they have boyled a while: you ſhall put in the like gobbets of Veniſon red and Fallow if you have them; then the like gobbets of Veal, Kid, and Lamb a little ſpace after theſe, the fore parts of a fat Pigge, and a cramb'd Pullet: then put in Spinage, Endive, Succory, Marygold leaves and flowrs, Lettice, Violet leaves, Strawberry leaves, Bugloſſe and Scallions all whole and unchopt, then when they have boyled a while, put in a Partridge and a Chicken chopt in pieces, with Quails, Rayles, Black birds, Larks, Sparrowes, and other ſmall birds, all being well and tenderly boyled, ſeaſon up the broth with good ſtore of Suger, Cloves, Mace, Cinamon, Ginger, and Nutmeg, mixt together in a good quantity of Verjuyce and Salt, and ſo ſtirre up the pot well from the bottome: then diſh it up upon great Charges or long Spaniſh Diſhes made in ſtore of ſippets in the bottome: then cover the meat all over with Prunes, Raiſins, Currants, and blancht Almonds, boyled in a thing by themſelves; then cover the fruit and the whole boyled herbs, and the herbs with ſlices of Oranges and Lemmons, and lay the roots round about the ſides of the diſh, and ſtrew good ſtore of Sugar over all, and ſo ſerve it forth.

To make the beſt white broth.

To make the beſt white broth, whether it be with Veal Capon, Chickins, or any other foul or Fiſh: Firſt boyl the fleſh or Fiſh by it ſelf, then take the value of a quart of ſtrong Mutton broth, or ſad Kid broth, and put it into a pipkin by it ſelf, and put into it a bunch of Time, Marjoram, Spinage, and Endive bound together; then when it ſeeths, put in a pretty quantity of Beefe-marrow, and the marrow of mutton with ſome whole Mace and a few bruiſed Cloves: then put in a pint of White wine with a few whole ſlices of Ginger; after they have boyled a while together, take blancht Almonds, and having beaten them together in a morter with ſome of the broth, ſtrain them and

put

put it in alſo ; then in another Pipkin boyl Currants, Prunes, Raiſins and whole Cinamon in Verjuyce and Suger with a few ſliced Dates ; and boyl them till the verjuyce be moſt part conſumed, or at leaſt come to ſirrup ; then drain the fruit from the ſirrup, and if you ſee it be high coloured, make it white with ſweet cream warmed, and ſo mixe it with your Wine broth : then take out the Capon or the other fleſh or Fiſh, and diſh it up dry in a diſh ; then pour the broth upon it, and lay the fruit on the top of the meat, and adorn the ſide of the diſh with very dainty ſippets, Firſt Orenges, Lemons and Suger, and ſo ſerve it forth to the table.

To boyl any wild Fowl, *Mallard*, *Teal*, *Widgeon*, or ſuch like : Firſt boyl the Fowl by it ſelf, then take a quart of ſtrong Mutton broth, and put it into a Pipkin and boyl it ; then put unto it good ſtore of ſliced Onions, a bunch of ſweet pot herbs and a lump of ſweet butter : after it hath boyled well, ſeaſon it with verjuyce ſalt and ſuger, and a little whole Pepper ; which done, take up your fowl and break it according to the faſhion of carving, and ſtick a few Cloves about it ; then put it into the broth with Onions, and there let it take a boyl or two, and ſo ſerve it and the broth forth upon the ſippets : ſome uſe to thicken it with toaſts of bread ſteept and ſtrained, but that is as pleaſes the Cook. To boyl any wild fowl.

To boyl a legge of *Mutton*, or any other joynt of meat what ſoever ; firſt after you have waſht it clean, par-boyl it a little, then ſpit it and give it halfe a dozen turnes before the fire, then draw it when it begins to drop, and preſſe it between two diſhes, and ſave the gravy ; then ſlaſh it with your Knife, and give it halfe a dozen turnes more, and then preſſe it again, and thus doe as often as you can force any moyſture to come from it ; then mixing Mutton broath, White Wine, and Verjuyce together, boyl the Mutton therein till it be tender, and that moſt part of the liquor is cleane conſumed ; then having all that while kept the gravy you took from the Mutton ſtewing gently upon a Chafing diſh and coals, you ſhall adde unto it good ſtore of Salt, Suger, Cinamon and Ginger, with ſome Lemon ſlices, and a little of an Orenge peel, with a few fine white bread crummes : then taking up the Mutton, put the remainder of the broath in To boyl a leg of Mutton.

and put in likewiſe the gravy, and then ſerve it up with ſippets, laying the Lemmon ſlices uppermoſt, and trimming the Diſh about with ſugar.

If you will boyl Chickens, young Turkeys, Pea-hens, or Houſe fowle daintily; you ſhall, after you have trimmed them, drawn them, truſt them; and waſht them, fill their belleys as full of Parſley as they can hold: then boyle them with Salt and water onely, till they be enough: then take a diſh and put into it Verjuyce and Butter, and Salt, and then when the butter is melted, take the Parſly out of the Chickens belly, and mince it very ſmall, and then put it to the Verjuyce and Butter: and ſtir it well together; then lay in the Chickens, and trimme the diſh with ſippets and ſo ſerve it forth.

A broth for any freſh fiſh.

If you will make broth with any freſh Fiſh whatſoever, whether it be Pike, Bream, Carp, Eele, Barbel, or ſuch like: you ſhall boyl water, Verjuyce and Salt together with a handfull of ſliced Onyons; then you ſhall thicken it with two or three ſpoonfulls of Ale barm, then put in a good quantity of whole Barberies, both branches and other, as alſo pretty ſtore of Currants: then when it is boyled enough, Diſh up your Fiſh and poure your broth unto it, laying your fruit and Onyons uppermoſt. Some to this broth will put Prunes and Dates ſliced, but it is according to the fancy of the Cook, or the Will of the Houſeholder.

Additions to boyl meat.

Thus I have from theſe few preſidents ſhewed you the true Art and making of all ſorts of boyled meats, and broths and though men may coyn ſtrange names, and feign ſtrange Arts, yet be aſſured ſhe that can do theſe, may make any other whatſoever, altering the taſt by the alteration of the compounds as ſhe ſhall ſee occaſion; And when a broth is too ſweet, to ſharpen it with Verjuyce, when too tart to ſweeten it with Suger; when flat and wallowiſh, to quicken it with Orenges and Lemmons; and when too bitter to make it pleaſant with herbs and ſpices.

A Mallard ſmoared, or a Hare, or old Couy.

Take a Mallard when it is clean dreſſed, waſhed and truſt, and parboyl it in water, till it be skumm'd and purified: then take it up, and put it into a Pipkin with the neck downward, and the tayl upward, ſtanding as it were, upright: then fill the

Pipkin

Pipkin half full with that water, in which the Mallard was parboyled, and fill up the other half with white wine : then peel and slice thin a good quantity of Onyons, and put them in with whole fine hearbs, according to the time of the year, as Lettice, Strawbery leaves, Violet leaves, Vine leaves, Spinage, Endive, Succory, and such like, which have no bitter or hard taste, and a pretty quantity of Currants and Dates sliced : then cover it close, and set it on a gentle fire, and let it stew, and smoar till the hearbs and onyons be soft, and the Mallard enough, then take out the Mallard, and Carve it as if it were to go to the Table : then to the broth put a good lump of butter, Suger, Cinamon ; and if it be in Summer, so many Gooseberryes as will give it a sharp taste, but in the Winter, as much Wine vineger then heat it on the fire and stir all well together : then lay the Mallard in a dish with sippets, and pour all this broth upon it, then trim the edge of the dish with Suger, and so serve it up. And in this manner you may also smoar the hinder parts of a Hare, or a whole old Cony, being trust up close together.

After your Pike is dresst and opened in the back, and laid flat, as if it were to frye, then lay it in a large dish for the purpose, able to receive it ; then put as much White wine to it, as will cover it all over ; then set it on a chafingdish and coals to boyl very gently, and if any skum arise, take it away ; then put to it Currants, Sugar, Cynamon, Barbery berries, and as many Prunes as will serve to garnish the dish, then cover it close with another dish and let it stew till the fruit be soft, and the Pike enough ; then put to it a good lump of sweet butter ; then with a fine skummer, take up the fish, and lay it in a clean dish with sippets, then take a couple of yolks of eggs, the film taken away, and beat them well together with a spoonfull or two of Creame, and as soon as the Pike is taken out put it into the broath and stir it exceedingly, to keep it from curding, then pour the broth upon the Pike, and trim the sides of the dish with Suger, Prunes, and Barberies, slices of Orenges or Lemmons, and so serve it up. And thus may you also stew Roches, Gurnets, or almost any sea fish or fresh fish. To stew a pike

Take a Lambs head and Purtenance, clean washt and pickt, and put it into a Pipkin with fair water, and let it boyl, and skum To stew a Lambs head & Purtenance.

skumme it clean, then put Currants and a few ſliced Dates, and a bunch of the beſt farcing herbs tyed up together, and ſo let it boyl well till the meat be enough: then take up the Lambs head and Purtenance, and put it into a clean diſh with ſippets; then put in a good lump of butter, and beat the yolks of two egs with a little Cream and put it to the broth with Suger Cinamon, and a ſpoonfull or two of Verjuyce and whole Mace, and as many Prunes as will garniſh a diſh, which ſhould be put in when it is but halfe boyled, and ſo pour it upon the Lambs head and Purtenance, and adorn the ſides of the diſh with Sugar, Prunes, Barberries, Oranges, and Lemons, and in no caſe forget not to ſeaſon it well with ſalt, and to ſerve it up.

A Breaſt of Mutton ſtew'd.

Take a very good breaſt of Mutton chopt into ſundry large peeces, and when it is clean waſht, put it into a pipkin with fair water, and ſet it on the fire to boyl; then skumme it very well, then put in of the fineſt parſnips cut into large peeces as long as ones hand, and clean waſht and ſcrapt; then good ſtore of the beſt Onyons, and all manner of ſweet pleaſant Pot herbs and Lettice, all groſſely chopt, and good ſtore of Pepper and Salt, and then cover it, and let it ſtew till the Mutton be enough, then take up the mutton, and lay it in a clean diſh with ſippets, and to the broth put a little wine vinegar, and ſo put it on the mutton with the Parſenips whole, and adorn the ſides of the diſh with Suger, and ſo ſerve it up. And as you do with the breſt, ſo you may doe with any other joynt of Mutton.

To ſtew a Neats foot.

Take a Neats foot that is very well boyld (for the tenderer it is the better it is, and cleave it in two, and with a clean cloath dry it well from the houſe-drink, then lay it in a deep earthen platter and cover it with Verjuyce, then ſet it on a Chafingdiſh and coals and put to it a few Currants and as many Prunes as will garniſh the diſh, then cover it and let it boyl well, many times ſtirring it up with your Knife, for fear it ſtick to the bottom of the diſh; then when it is ſufficiently ſtewed, which will appear by the tenderneſs of the meat and ſoftneſs of the fruit, then put in a good lump of butter, great ſtore of Suger and Cinamon; and let it boyl a little after: then put it altogether into a clean diſh with ſippets and adorn the ſides of the diſh with Suger and Prunes, and ſo ſerve it up.

Of Roaſt meats.

To proceed then to Roaſt meats, it is to be underſtood, that in

that in the generall knowledge thereof are to be obſerved theſe few rules. Firſt the clean keeping and ſcouring of the ſpits and cob-irons; next the neat picking and waſhing of meat, before it be ſpitted, then the ſpitting and broaching of meat, which muſt be done ſo ſtrongly and firmly, that the meat may by no means either ſhrink from the ſpit, or elſe turn about the ſpit: & yet ever to obſerve that the ſpit do not go through any principal part of the meat, but ſuch as is of leaſt account and eſtimation; and if it be birds, or fowl which you ſpit, then to let the ſpit go through the hollow of the body of the fowl, and ſo faſten it with pricks or skewers under the wings about the thighs of the fowl, and at the feet or Rump, according to your manner of truſſing and dreſſing them. Obſervations in roaſt meats. Spitting of roaſt meats.

Then to know the Temperatures of fires for every meat, and which have a ſlow fire, and yet a good one, taking leaſure in roaſting, as Chines of Beef, Swans, Turkies, Peacocks, Buſtards, and generally any great large Fowle, or any other Joynts of Mutton, Veal, Duck, Kidde, Lamb, or ſuch like: whether it be Veniſon red or Fallow; which indeed would lye long at the fire, and ſoak well in the roaſting, and which would have a quick and ſharp fire without ſcorching; as Piggs, Pullets, Pheaſants, Partridges, Quails, and all ſorts of middle ſized, or leſſe fowl, and all ſmall birds, or compound roaſt meats, as Olives of Veal, Huſſets; a pound of butter roaſted, or puddings ſimple of themſelves, and many other ſuch like, which indeed would be ſuddenly and quickly diſpatcht, becauſe it is intended in Cookery, that one of theſe diſhes muſt be made ready whilſt the other is in eating. Then to know the complexions of meats, as which muſt be pale and white roaſted, and yet throughly roaſted, as Mutton, Lamb, Kid, Capon, Pullet, Pheaſant, Partridge, Veal, Quaile; and all ſorts of middle and ſmall land or water Fowl, & all ſmall birds; which muſt be ſo brown roaſted, as Beef, Veniſon, Porke, Swan, Geeſe, Piggs, Crane, Buſtards, or any large Fowl, or other thing whoſe fleſh is black. Temperature of fires. The complexions of meat.

Then to know the beſt baſtings for meat, which is ſweet Butter, ſweet Oyl, Barrel butter, or fine rendred up ſeam, with Cinamon, Cloves, and Mace. There be ſome that will baſte onely with Water and Salt, and nothing elſe: The beſt baſtings of meats

yet it is but opinion, and that must be the worlds Master alwayes.

The best dredging.

Then the best dredging, which is either fine white bread crums, well grated; or else a little very white meal, and the crumms very well mixt together.

To know when meat is enough.

Lastly to know when meat is rosted enough; for as too much rawnesse is unwholsome, so too much dryness is not nourishing. Therefore to know when it is in the perfect height, and is neither too moist nor too dry, you shall observe these signs: First, in your large joynts of meat, when the steam or smoak of the meat meat ascendeth, either upright or else goeth from the fire, when it beginneth a little to shrink from the spit, or when the gravy which droppeth from it is cleer without bloodynesse, then is the meat enough.

If it be a Pigge, when the eyes are fallen out, and the body leaveth Piping: for the first is when it is half roasted, and would be sindged to make the coat rise, and crackle, and the latter when it is full enough, and would be drawn: or if it be any kind of Fowl you roast, when the thighs are tender, or the hinder parts of the pinions at the setting on of the wings, are without blood, then be sure that your meat is fully enough roasted: yet for a better and more certain assuredness, you may thrust your Knife into the thickest parts of the meat, and draw it out again, and if it bring out white gravy without any bloodinsse, then assuredly it is enough, and may be drawn with all speed convenient, after it hath been well basted with butter not formerly melted, then dredging as aforesaid, then basted over the dredging and so suffered to take two or three turnes, to make crisp the dredging: Then dish it in a fair dish with salt sprinkled over it, and so serve it forth. Thus you see the general form of roasting all kind of meat: Therefore now I will return to some particular dishes, together with their several sawces.

Roasting of Mutton with Oysters.

If you will roast Mutton with Oysters, take a shoulder alone or a legge, and after it is washt, parboyl it a little: then take the great Oysters and having opened them into a dish, drain the gravy clean from them twice or thrice, then parboyl them a little, then take Spinage, Endive, Succory, Straw berry leaves, Violet leaves & a little Parsly, with some Scallions; chop these very small toge-

together, then take your Oyſters very dry draind and mix them with an half part of theſe herbs: then take your meat and with theſe Oyſters and herbs farce or ſtop it, leaving no place empty, then ſpit it and roaſt it, and whilſt it is in roſting, take good ſtore of Verjuyce and Butter, and Salt, and ſet it in a diſh on a chaffing diſh and coals; and when it begins to boyl put in the remainder of your herbs without Oyſters and a good quantity of Currants, with Cinamon, and the yolks of a couple of eggs, And after they are well boyled and ſtirred together, ſeaſon it up according to your taſte with Suger; then put in a few Lemmon ſlices; the meat being enough draw it, and lay it upon this ſawce removed into a clean diſh, the edge thereof being trimmed about with Suger and ſo ſerve it forth.

To roſt a Leg of Mutton after an Outlandiſh faſhion, you ſhall take it after it is waſh'd, and cut off all the fleſh from the bone leaving onely the outmoſt skinne intirely whole and faſt to the bone; then take thick Cream and the yolks of eggs, and beat them exceedingly well together; then put to Cinamon, Mace, and a little Nutmegge with Salt: then take bread crumms, finely grated and ſearſt with good ſtore of Currants, and as you mixe them with the Cream, put in Suger and ſo make it into a good ſtiffneſſe: Now if you would have it lock green, put in the juyce of ſweet herbs, as Spinage, Violet leaves, Endive, &c. If you would have it yellow, then put in a little Saffron ſtrained, and with this fill up the skin of your legge of Mutton in the ſame ſhape and form that it was before, and ſtick the out ſide of the skinne thick with Gloves, and ſo roaſt it throughly and baſte it very well, then after it is dredg'd ſerve it up as a legge of Mutton with this pudding, for indeed it is no other, you may ſtop any other joynt of meat, as breſt or loyn, or the belly of any fowl boyled or roaſt, or Rabbet or any meat elſe which hath skin or emptineſt, If into this pudding alſo you beat the inward pith of an Oxes back, it is both good in taſte, and excellent ſoveraign for any diſeaſe, ach, or flux in the reins whatſoever. To roaſt a leg of Mutton otherwiſe.

To roaſt a Gigget of Mutton, which is the legge ſplatted and half part of the loyn together, you ſhall after it is waſht ſtop it with Cloves, ſo ſpit it and lay it to the fire, and tend it well with baſting; then you ſhall take Vineger, Butter, and To roaſt a Gigget of Mutton.

Currants, and ſet them on a fire in a diſh or pipkin; then when it boyles you ſhall put in ſweet herbes finely chopt, with the yolk of a couple of eggs, and ſo let them boyl together: then the meat being half roſted, you ſhall pare off ſome part of the leaneſt and brown, then ſhred it very ſmall, and put it into the pipkin alſo: then ſeaſon it up with Suger, Cinamon, Ginger, and Salt, and ſo put it into a clean diſh, then draw the Gigget of Mutton and lay it on the ſauce, and throw ſalt on the top and ſo ſerve it up.

To roaſt Olives of Veal.

You ſhall take of a legge of Veal and cut the fleſh from the bones, and cut it out into thin long ſlices: then take ſweet herbs, and the white part of Scallions, and chop them well together with the yolks of eggs, then role it up within the ſlices of Veal, and ſo ſpit them and roaſt them: then boyl Verjuyce, Butter, Suger, Cinamon, Currants and ſweet herbs together, and being ſeaſoned with a little ſalt, ſerve the Olives up upon the ſauce with ſalt caſt over them.

To Roaſt a Pigge.

To roſt a Pigge curiouſly, you ſhall not ſcald it, but draw it with the hair on, then having waſht it, ſpit it and lay it to the fire, ſo as it may not ſcorch, then being a quarter roaſted, and the skinne bliſtered from the fleſh with your hand pull away the haſr and skin, and leave all the fat and fleſh perfectly bare: then with your knife ſcotch all the fleſh down to the bones, then baſte it exceedingly with ſweet butter and Cream, being no more but warm: then dredge it with fine bread crums, currants, ſuger, and ſalt mixt together; and thus apply dredging upon baſting, and baſting upon dredging, till you have covered all the fleſh a full inch deep: Then the meat being fully roſted, draw it, and ſerve it up whole.

To Roaſt a pound of Butter well.

To roaſt a pound of butter curiouſly and well, you ſhall take a pound of ſweet butter, and beat it ſtiff with Suger and the yolks of Eggs, then clap it round wiſe about a ſpit, and lay it before a ſoft fire, and preſently dredge it with the dredging before appoynted for the Pig: then as it warmeth or melteth, ſo apply it with dredging till the butter be overcommed and no more will melt to fall from it: then roaſt it brown, and ſo draw it, and ſerve it out, the diſh being as neatly trim'd with Suger as may be.

To roaſt a pudding upon a ſpit you ſhall mixe the pudding be-

before ſpoken of in the leg of Mutton, neither omitting herbs or ſaffron, and put to a little ſweet butter and mixe it very ſtiff, then fold it about the ſpit, and have ready in another diſh ſome of the ſame mixture well ſeaſoned, but a great deal thinner, and no butter at all in it; and when the pudding doth begin to roaſt, and that the butter appears, then with a ſpoon cover it all over with the thinner mixture, and ſo let it roſt: then if you ſee no more butter appear, then baſte it as you did the Pigge, and lay more of the mixture on, and ſo continue till all be ſpent; and then roaſt it brown and ſo ſerve it up. To Roaſt a pudding on a ſpit.

If you will Roaſt a Chine of Beef, a loyn of Mutton, a Capon, and a Lark, all at one inſtant, and at one fire, and have all ready together and none burnt, you ſhall firſt take your Chine of Beef and parboyl it more than half through: Then firſt take your Capon, being large and fat, and ſpit it next the hand of the turner, with the legge from the fire, then ſpit the Chine of Beef then the Lark, and laſtly the loyn of Mutton, and place the Lark ſo as it may be covered over with the beef and the fat part of the Loyn of Mutton, without any part diſcloſed; then baſte your Capon and your loyn of Mutton with cold water and ſalt, the Chine of beef with boyling Lard, then when you ſee the beef is almoſt enough, which you ſhall haſten by ſcotching and opening of it, then with a clean cloath you ſhall wipe the Mutton and Capon all over, and then baſte it with ſweet butter till all bee enough roſted; then with your knife lay the Lark open, which by this time will be ſtewed between the beef and mutton, and baſting it alſo with dredge altogether, draw them and ſerve them up. To Roaſt a Chine of Beef, Loyn of Mutton, Lark and Capon at one fire, and at one inſtant.

If you will Roaſt any Veniſon, after you have waſht it & cleanſed all the blood from it, you ſhall ſtick it with cloves all over on the outſide; & if it be leane, you ſhall lard it either with mutton lard, or pork lard, but mutton is the beſt: then ſpit it and roſt it by a ſoaking fire, then take vineger, bread crumms, and ſome of the gravy which comes from the veniſon, and boyl them well in a diſh: then ſeaſon it with ſuger, cinamon, ginger and ſalt, and ſerve the veniſon forth upon the ſawce when it is roſted enough. To Roaſt Veniſon.

If you will Roaſt a piece of freſh Sturgeon, which is a dainty diſh, you ſhall ſtop it with Cloves, then ſpit it, and let it Roaſt at great leiſure, plying it continually with baſting, which will take

take away the hardneſſe: then when it is enough you ſhal draw it and ſerve it upon Veniſon ſawce, with ſalt only thrown upon it.

The Roaſting of all ſorts of meats differeth nothing but in the fire, ſpeed and leiſure as is aforeſaid, except theſe compound diſhes, of which I have given you ſufficient preſidents, and by them you may perform any work whatſoever: but for the ordering, preparing, and trulling your meat for the ſpit or Table, in that there is much difference: for in all joynts of meat except a ſhoulder of Mutton, you ſhall cruſh and break the joynts well; from Pigges and Rabbets you ſhall cut off the feet before you ſpit them, and the heads when you ſerve them to the Table; and the Pigg you ſhall chine and divide into two parts: Capons, Pheaſant, Chickens, and Turkies you ſhall roaſt with the Pinions folded up, and the legges extended: Hens, Stock-doves, and Houſdoves, you ſhall Roſte with the Pinions folded, and the legs cut off by the knees and thruſt into the bodies; Quails, Partridges, and all ſorts of ſmall Birds ſhall have their Pinions cut away, and the legs extended: all ſorts of Water fowl ſhall have their Pinions cut away, and their legs turned backwards: Wood cocks, Snipes and Stint ſhall be Roaſted with their Heads and Necks on, and their legs thruſt into their bodyes, and Shovelers and Bitturns ſhall have no necks but their heads only.

To Roaſt a Cows Udder.

Take a Cows Udder, and firſt boyl it well; then ſtick it thick all over with Cloves: then when it is cold ſpit it, and lay it on the fire, and apply it very well with baſting of ſweet butter, and when it is ſufficiently roſted and brown, then dredge it, and draw it from the fire, take vinegar and butter, and put it on a chaffingdiſh and coals, and boyl it with White bread crum, till it be thick: then put to it good ſtore of Suger and cynamon, and putting it into a clean diſh, lay the Cows Udder therein, and trim the ſides of the diſh with Suger, and ſo ſerve it up.

To Roaſt a Fillet of Veal.

Take an excellent good leg of Veal, and cut the thick part thereof, a handfull and more from the Knucle: then take the thick part (which is the fillet) and farce it in every part all over with Strawbury leaves, Sorrell, Spinage, Endive, and Suc-

Succory grossely chopt together, and good store of Onions, then lay it to the fire and roast it very sufficiently and brown, casting good store of Salt upon it, and basting it well with sweet butter: then take of the former herbs much finer chopt than they were for farcing, and put them into a Pipkin with Vinegar and clean washt Currants, and boyl them well together; then when the herbs are sufficiently boyled and soft, take the yolks of foure very hard boyled Eggs, and shred them very small, and put them into the Pipkin also with Suger and Cinamon and some of the gravy which drops from the Veal, and boyl it over again, and then put it into a clean dish, and the fillet being dredged and drawn, lay upon it and trim the side of the dish with Suger, and so serve it up.

To make an excellent Sauce for a roft Capon, you shall take Onions, and having sliced and peeled them, boyle them in fair water with Pepper, Salt, and a few bread crummes: then put unto it a spoonfull or two of claret Wine, the juyce of an Orenge, and three or four slices of Lemmon peel: all these shred together, and so pour it upon the Capon being broke up.

To make a sawce for an old Hen or Pullet, take a good quantity of Beer and Salt, and mixe them well together with a few fine bread crummes, and boyl them on a chaffing dish and coals; then take the yolks of three or four hard Egges, and being shred small put it to the beer, and boyl it also: then the Hen being almost enough, take three or four spoonfulls of the gravy which comes from her, and put it in also, and boyl all together to an indifferent thickness: which done, suffer it to boyl no more, but only to keep it warm on the fire, and put into it the juyce of two or three Orenges, and the slices of Lemmon-peels shred small, and the slices of Orenges, having also the upper rind taken away: then the Hen being broke up, take the brains thereof, and shredding them small, put it into the sawce also, and stirring all well together, put it hot into a clean warme dish, and lay the Henne (broke up) in the same.

The Sawce for Chickens is divers, according to mens tastes: for some will onely have Butter, Verjuyce, and a little Parsly

Parſley roſted in their bellies mixt together; others will have butter, verjuyce, and Suger boyl'd together with toaſts of bread and others will have thick ſippets with the juyce of ſorrel and ſuger mixt together.

The beſt ſawce for a Pheſant is water and Onions ſliced, Pepper and a little Salt mixt together, and but ſtewed upon the coals, & then poured upon the Pheſant or Partridge, being broken up, and ſome will put thereto the juyce or ſlices of an Orange or Lemon, or both: but it is according to taſte, and indeed more proper for Pheſant then Partridge.

Sauce for a Quail, Raile, or any fat big bird, is Claret wine and ſalt mixt together with the gravy of the bird, and a few fine bread crumms well boyled together, and either a Sage leaf, or Bay leaf cruſht amongſt it, according to mens taſtes.

Sauce for Pigeons. The beſt ſauce for Pidgeons, Stock doves, or ſuch like, is Vinigar and butter melted together and parſly roſted in their bellyes, or Vine leaves roſted and mixed well together.

A general ſauce for wild fowl. The moſt generall ſauce for ordinary wild fowl roſted, as Ducks, Mallard Widgeon, Teal, Snipe, Sheldrake, Plovers, Puets, Guls, and ſuch like, is only Muſtard and Vineger, or Muſtard and Verjuyce mixt together; or elſe an Onion, Water, and Pepper, and ſome (eſpecially in the Court) uſe only butter melted, and not with any thing elſe.

Sauce for green Geeſe. The beſt ſauce for green Geeſe is the juyce of Sorrel and Suger mixt together with a few ſcalded Feberries, and ſerved up on ſippets; or elſe the belly of the green Gooſe fild with Feberries and ſo roſted; and then the ſame mixt with Verjuyce, Butter, Suger and Cinamon and ſo ſerved up on ſippets.

Sauce for ſtubble Geeſe. The Sawce for a ſtubble Gooſe is divers, according to mens minds, for ſome will take the pap of roſted Apples, and mixing it with vinegar, boyl them together on the fire with ſome of the gravy of the Gooſe, and a few barberies and bread crumms, and when it is boyled to a good thickneſſe, ſeaſon it with Suger and a little Cinamon, and ſo ſerve it up: ſome will add a little Muſtard and Onions unto it, and ſome will not roſt the apples, but pare them and ſlice them, and that is the neerer way, but not the better. Others will fill the belly of the Gooſe full of Onions ſhred, and Oatmeal groats, and being

ing roaſted enough, mixe it with the gravie of the Goose, and ſweet hearbs well boyled together, and ſeaſoned with a little Verjuyce.

To make a *Gallantine*, or ſauce for a Swan, Bittern, Hern, Crane, or any large Foul, take the blood of the ſame Fowl, and being ſtirred well, boyl it on the fire, then when it comes to be thick put unto it Vineger a good quantity, with a few fine white bread crummes, and ſo boyl it over again; then being come to a good thickneſs, ſeaſon it with Suger and Cynamon, ſo as it may taſte pretty and ſharp upon the Cinamon, and then ſerve it up in ſaucers as you do Muſtard, for this is called a *Chaudet* or *Gallantine*, and is a ſawce almoſt for any Fowl whatſoever. A Gallantine, Sawce for a Swan.

To make ſawce for a Pig, ſome take Sage and roaſt it in the belly of the Pig; then boyling Verjuyce, Butter, and Currants together, take and chop the ſage ſmall and mixing the brains of the Pig with it, put all together and ſo ſerve it up. A Sawce for a Pig.

To make ſawce for a loyn of Veal, take all kind of ſweet Pot herbs, and chopping them very ſmall with the yolks of two or three Egges, boyl them in Vineger and Butter, with a few bread crumms, and good ſtore of ſuger; then ſeaſon it with Suger and Cinamon, and a Clove or two cruſht, and ſo powre it upon the Veal, with the ſlices of Orenges and Lemmons about the Diſh A ſawce for Veal.

Take Orenges and ſlice them thin, and put unto them White Wine and Roſe water, the powder of Mace Ginger, and Suger, and ſet the ſame upon a Chaffing diſh of coals, and when it is half boyled, put to it a good lump of butter, and then lay good ſtore of ſippets of fine white bread therein, and ſo ſerve your Chickens upon them, and trim the ſides of the diſh with Suger. Additions unto Sawces.

Take fair water, and ſet it over the fire; then ſlice good ſtore of Onions, and put into it, and alſo Pepper and Salt and good ſtore of the Cravy that comes from the Turky, and boyl them very well together: then put to it a few fine crummes of grated bread to thicken it, a very little Suger, and ſome Vineger, and ſo ſerve it up with the Turkey: or otherwiſe, take grated White bread and boyl it in white Wine till it be as thick as a *Gallantine*; in boyling put in good ſtore of ſuger Sawce for a Turkie.

gar, and Cinamon, and then with a little Turnſole make it of a high murrey colour, and ſo ſerve it in ſaucers with the Turkey, in manner of Gallantine.

The beſt Gallantine.

Take the blood of a Swan, or any other great fowle, and put it into a diſh, then take ſtewed Prunes, and put them into a ſtrainer, and ſtrain them into the blood; then ſet it on a chaffing-diſh and coales, and let it boyl; then ſtirre it till it come to be thick, and ſeaſon it very well with Suger and cinamon, and ſo ſerve it in Saucers with the fowl: but this ſauce muſt be ſerved cold.

Sawce for a Mallard

Take good ſtore of Onions, peel them and ſlice them, and put them into Vineger and boyl them very well till they be tender; then put into it a good lump of ſweet butter, and ſeaſon it well with Suger and Cinamon, and ſo ſerve it up with the fowl.

Of Carbonadoes.

Charbonadoes, or carbonadoes which is meat broyled upon the coals (and the invention thereof was firſt brought out of *France* as appears by the name) are of divers kinds according to mens pleaſures: for there is no meat either boyled or roſted whatſoever, but may afterwards be broyled if the maſter thereof be diſpoſed; yet the general diſhes which for the moſt part are to be carbonadoed, are, a breaſt of Mutton half boyled; a ſhoulder of mutton half roſted, the legges, wings, and carkaſſe of Capon, Turkey, Gooſe, or any other fowl whatſoever, eſpecially Land fowl.

What is to be carbonadoed.

And laſtly, the uttermoſt thick skinne which covereth the ribbs of beef, and is called (being broyled,) the Inne of Court-Gooſe, and is indeed a diſh uſed moſt for wantonneſſe, ſometimes to pleaſe the appetite; to which may alſo be added the broyling of Pigs heads, or the brains of any fowl whatſoever after it is roſted and dreſt.

The manner of carbonadoing.

Now for the manner of Carbonadoing, it is in this ſort; you ſhall firſt take the meat you muſt Carbonado, and ſcotch it both above and below; then ſprinkle good ſtore of ſalt upon it, and baſte it all over with ſweet butter melted; which done, take your Broyling-iron, I do not mean a Grid-iron (though it be much uſed for this purpoſe) becauſe the ſmoak of the coals, occaſioned by the dropping of the meat, will aſcend about it, and make

make it ſtink: but a Plate iron made with hooks and pricks, on which you may hang the meat, and ſet it cloſe before the fire, and ſo the Plate heating the meat behind, as the fire doth before, it will both the ſooner and with more neatneſſe be ready: then having turned it, and baſted it till it be very brown, dredg it, and ſerve it up with vineger and butter.

Touching the toaſting of Mutton, Veniſon, or any joynt of Meat, which is the moſt excellenteſt of all Carbanadoes, you ſhall take the fatteſt and largeſt that can poſſibly be got (*for lean meat is loſſe of labour, and little meat not worth your time*:) and having ſcotcht it and caſt ſalt upon it, you ſhall ſet it on a ſtrong fork, with a dripping pan underneath it, before the face of a quick fire, yet ſo far off, that it may by no meanes ſcorch, but toaſt at leiſure; then with that which falls from it, and with no other baſting, ſee that you baſte it continually, turning it ever and anon many times and ſo oft, that it may ſoak and brown at great leiſure; and as oft as you baſte it, ſo oft ſprinkle Salt upon it; and as you ſee it toaſt, ſcotch it deeper and deeper, eſpecially in the thickeſt and moſt fleſhy parts where the blood moſt reſteth; and when you ſee that no more blood droppeth from it, but the gravy is cleer and white, then you ſhall ſerve it up either with Veniſon ſawce, with Vineger, Pepper, and Suger, Cinamon, and the juyce of an Orange mixt together, and warmed with ſome of the gravy. Of the toſting of Mutton.

Take Mutton or Lamb that hath been either roſted, or but parboyl'd, and with your Knife ſcotch it many wayes, then lay it in a deep diſh, and put to it a pint of white Wine, and a little whole Mace, a little ſl c't Nutmeg, and ſome Suger, with a lump of ſweet butter, and ſtew it ſo till it be very tender; then take it forth, and brown it on the Grid-iron, and then laying ſippets in the former broth, ſerve it up. Additions, unto carbonadoes. A Raſher of Mutton or Lamb.

Take any Tongue, whether of Beef, Mutton, Calves; Red Deer or Fallow, and being well boyled peele them, cleave them, and ſcotch them many wayes; then take three or four egges broken; ſome Suger, Cinamon, and Nutmeg, and having beaten it well together, put to it a Lemmon cut in thinne ſlices, and another clean peel'd, and cut into little four ſquare bits, and then take the tongue, and How to Carbonada Tongues.

and lay it in: and then having melted good ſtore of butter in a frying pan, put the tongue and the reſt therein, and ſo frye it brown, and then diſh it, and ſcrape ſuger upon it, and ſerve it up.

Additions.

For dreſſing Fiſh

How to ſouſe any freſh fiſh.

Take any freſh fiſh whatſoever (as Pike, Bream, Carpe, Barbel, Cheam, and ſuch like,) and draw it, but ſcale it not; then take out the Liver and the refuſe, and having opened it, waſh it: then take a pottle of fair water, a pretty quantity of white Wine, good ſtore of ſalt, and ſome vinegar, with a little bunch of ſweet herbs, and ſet it on the fire: as ſoone as it begins to boyl, put in your fiſh, and having boyled a little, take it up into a faire veſſel, then put into the liquor ſome groſſe Pepper and Ginger, and when it is boyled well together with more ſalt, ſet it by to coole, and then put your Fiſh into it, and when you ſerve it up, lay Fennel thereupon.

How to boyl ſmall Fiſh.

To boyl ſmall Fiſh, as Roches, Daces, Gudgeon, or Flounder, boyl White wine and water together with a bunch of choyce Herbs, and a little whole Mace, when all is boyl'd well together, put in your fiſh and ſcumme it well: then put in the ſoal of a *Manchet*, a good quantity of ſweet butter, and ſeaſon it with Pepper and Verjuyce, and ſo ſerve it in upon ſippets, and adorn the ſides of the diſh with Suger.

To boyl a Gurnet or Roch.

Firſt draw your Fiſh, and either ſplint it open in the backe or joynt it in the back, and truſſe it round; then waſh it cleane, and boyl it in Water and Salt, with a bunch of ſweet Herbes then take it up into a large diſh, and pour unto it Verjuyce, Nutmeg, Butter, and Pepper, and letting it ſtew a little, thicken it with the yolks of eggs: then hot remove it into another diſh, and garniſh it with ſlices of Oranges and Lemons, Barberies, Prunes, and Suger and ſo ſerve it up.

Alſoe you have drawn, waſht and ſcaled a fair large Carp, ſeaſon it with Pepper, Salt, and Nutmegge, and then put it into a Coffin with good ſtore of ſweet butter, and then caſt on Raiſins of the Sun, the juyce of Lemons, and ſome ſlices of Orange-pils, and then ſprinkling on a little Vineger, cloſe up and bake it.

Firſt let your *Tench* blood in the tayle, then ſcoure it, waſh it

it, and ſcald it, then having dryed it, take the fine crummes of Bread, ſweet Creame, the yolks of Egges, Currants cleane waſht, a few ſweet hearbs, chopt ſmall, ſeaſon it with Nutmeg and Pepper, and make it into a ſtiffe paſte, and put it into the belly of the Tench, then ſeaſon the Fiſh on the out ſide with Pepper, Salt, and Nutmegge; and ſo put it into a deep Coffin with ſweet butter, and ſo cloſe up the Pye and bake it; then when it is enough draw it, and open it, and put into it a good piece of preſerved Orange mince'd: then take Vinegar Nutmeg, Butter, Sugar, and the yolk of a new laid Egge, and boyl it on a Chafing-diſh and coals, alwayes ſtirring it to keep it from curding; then pour it into the Pye, ſhake it well, and ſo ſerve it up.

How to ſtew a Trout.

Take a large Trout fair trim'd, and waſh it, and put it into a deep pewter diſh, then take halfe a pint of ſweet Wine, with a lump of butter, and a little whole mace, Parſley, Savory, and Tyme, mince them all ſmall, and put them into the Tenches Belly, and ſo let it ſtew a quarter of an houre, then mince the yolk of a hard Egge, and ſtrow it on the Trout, and laying the hearbs about it; and ſcraping on Sugar, ſerve it up.

How to bake Eeles.

After you have drawn your Eeles, chop them into ſmall pieces of three or four inches, and ſeaſon them with Pepper, Salt, and Ginger, and ſo put them into a Coffin with a good lump of butter, great Raiſins, Onions ſmall chopt, and ſo cloſe it, bake it, and ſerve it up.

The paſtry and baked meats.

Next to theſe already rehearſed, our Engliſh Houſewife muſt be skillfull in Paſtery, and know how and in what manner to bake all ſorts of meat, and what Paſte is fit for every meat, and how to handle and compound ſuch Paſtes. As for example, Red Deer Veniſon, Wild boar, Gammons of Bacon, Swans, Elkes, Porpus, and ſuch like ſtanding diſhes, which muſt be kept long, would be bak't in a moyſt, thicke, tough, courſe, and long laſting cruſt, and therefore of all other, your Rye paſte is beſt for that purpoſe; your Turkey Capon, Pheſant, Patridge, Veale, Peacocks, Lamb, and all ſorts of Water Fowle, which are to come to the Table more than once, (yet not many dayes) would be bak't in a good

white cruſt, ſomewhat thick; therefore your wheate is fit for them; your Chickens, Calves-feet, Olives, Potatoes, Quinces, Fallow Deer, and ſuch like; which are moſt commonly eaten hot, would be in the fineſt, ſhorteſt, and thinneſt cruſt, therefore, your fine Wheat-flower, which is a little baked in the oven, before it be kneaded, is the beſt for that purpoſe.

Of the mixture of paſte. To ſpeak then of the mixture and kneading of Paſtes, you ſhall underſtand that your Rye-paſte would be kneaded onely with hot water, and a little butter, or ſweet Seam, and Rye-flower very finely ſifted; and it would be made tough and ſtiffe, that it may ſtand well in the riſing, for the Coffin thereof muſt ever be very deep; your courſe Wheat-cruſt ſhould be kneaded with hot water, or Mutton broth, and good ſtore of butter, and the paſte made ſtiffe and tough, becauſe that Coffin muſt be deep alſo: your fine Wheat cruſt muſt be kneaded with as much butter as water, and the paſte made reaſonable light and gentle, into which you muſt put three or four egges or more, according to the quantity you blend together, for they will give it a ſufficient ſtiffening.

Of puffe paſt. Now for the making of puff paſt of the beſt kind, you ſhall take the fineſt wheat flower after it hath been a little bakt in a pot in the oven, and blend it well with egges, whites and yolkes all together, and after the paſte is well kneaded, roule out a part thereof as thin as you pleaſe, and then ſpread cold ſweet butter over the ſame, then upon the ſame butter role another leaf of the paſte as before; and ſpread it with butter alſo, and thus role leaf upon leaf with butter between, till it be as thick as you think good: and with it either cover any bak't meate, or make paſte for Veniſon, Florentine, Tart, or what diſh elſe you pleaſe, and ſo bake it: there be ſome that to this paſte uſe ſugar, but it is certaine, it will hinder the riſing thereof, and therefore, when your puff paſt is bak't, you ſhall diſſolve Sugar into Roſe-water, and drop it into the paſte as much as it will by any means receive, and then ſet it a little while in the Oven after, and it will be ſweet enough.

Of baking red Deer, or Fallow, or any thing to keep cold. When you bake red Deer, you ſhall firſt parboyl it, and take out the bones, then you ſhall, if it be lean, lard it; if fat, ſave the charge: then put it into a preſſe to ſqueeſe out the blood; then

then for a night lay it in a meat ſauce made of Vinegar, ſmall drink and ſalt; and then taking it forth, ſeaſon it well with Pepper finely beaten, and ſalt well mixt together, and ſee that you lay good ſtore thereof, both upon and in every open and hollow place of the Veniſon, but by no means cut any ſlaſhes to put in the Pepper, for it will of it ſelf ſink faſt enough into the fleſh, and be more pleaſant in the eating. Then having raiſed the Coffin, lay in the bottom a thick courſe of butter, then lay the fleſh thereon, and cover it all over with butter, and ſo bake it as much as if you did bake brown bread, then when you draw it, melt more butter with three or foure ſpoonfuls of Vinegar, and twice ſo much Claret Wine, and at a vent hole on the Toppe of the lidde, poure in the ſame, till it can receive no more, and ſo let it ſtand and coole, and in this ſort, you may bake Fallow Deer, or Swanne, or whatſoever elſe you pleaſe to keep cold, the meate ſauce onely being left out, which is onely proper to Red Deer. And if to your meat ſauce, you adde a little Turneſole, and therein ſteep Beef, and Ramme mutton: you may alſo in the ſame manner take the firſt for Red Deer Veniſon, and the latter for Fallow, and a very good judgement ſhall not be able to ſay otherwiſe, then that it is of it ſelfe perfect Veniſon, both in Taſte, Colour, and the manner of cutting.

To bake beef or mutton for Veniſon.

To bak: an excellent Cuſtard or Dowſet: you ſhall take good ſtore of egges, and putting away one quarter of the whites, beat them exceeding well in a baſon, and then mixe with them the ſweeteſt and thickeſt cream you can get, for if it be any thing thinne, the Cuſtard will be wheyiſh: then ſeaſon it with ſalt, ſugar, cinamon, cloves, mace, and a little Nutmeg, which done, raiſe your coffins of good Tough, wheat paſte, being the ſecond ſort before ſpoken of, and if you pleaſe raiſe it in pretty works or angular formes, which you may do by fixing the upper part of the cruſt to the nether with the yolks of egges; then when the coffins are ready, ſtrow the bottomes over a good thickneſſe with currants and ſugar, then ſet them into the Oven, and fill them up with the confection before blended, and ſo drawing them, adorne all the Tops with carraway Cumfets, and ſlices of Date pickt right up, and ſo

To bake a Cuſtard or Dowſet.

ſerve them up to the Table. To prevent the wheyiſhneſs of the Cuſtard, diſſolve into the firſt confection a little Iſing-glaſſe and all will be firm.

To bake an Olive-pye.

To make an excellent olive Pye: take ſweet hearbs, as Violet leaves, Strawberry leaves, Spinage, Succory, Endive, Tyme and Sorrel, and chop them as ſmall as may be, and if there be a Scallion or two amongſt them it will give the better taſte, then take the yolks of hard Eggs, with Currants, Cinamon, Cloves, and Mace, and chop them among the hearbs alſo; then having cut out long Olives of a leg of Veal, roule up more than three parts of the hearbs ſo mixed within the Olives, together with a good deal of ſweet butter; then having raiſed your cruſt of the fineſt and beſt paſte, ſtrow in the bottom the remainder of the hearbs, with a few great Raiſins, having the ſtones pickt out, then put in the Olives, and cover them with great Raiſins, and a few Prunes: then over all lay good ſtore of butter, and ſo bake them, then being ſufficiently bak't, take Claret Wine, Sugar, Cinamon, and two or three ſpoonfuls of Wine Vinegar, and boyl them together, and then drawing the Pye, at a vent in the Top of the lid, put in the ſame, and then ſet it into the Oven again a little ſpace, and ſo ſerve it forth.

To bake a Marrow-bone pye.

To bake the beſt Marrow bone-pye; after you have mixt the cruſts of the beſt ſort of paſts, and raiſed the coffin in ſuch a manner as you pleaſe; you ſhall firſt in the bottome thereof, lay a courſe of marrow of Beefe, mixt with Currants: then upon it a lay of the ſoales of Artichocks, after they have been boyled, and are divided from the Thiſtle; then cover them over with marrow, Currants, and great Raiſins, the ſtones pickt out; then lay a courſe of Potatoes cut in thick ſlices, after they have been boyled ſoft, and are clean pil'd; then cover them with Marrow, Currants, great Raiſins, Sugar, and Cinamon, then lay a layer of candied Eringo roots mixt very thick with the ſlices of Dates; then cover it with Marrow, Currants, great Raiſins, Sugar, Cinamon, and Dates, with a few Damask prunes, and ſo bake it: and after it is bak't powre into it, as long as it will receive it, White Wine, Roſe-water, Sugar, Cinamon, and Vinegar mixt together, and candy all

all the cover with Roſe-water and Sugar only, and ſo ſet it into the Oven a little, and ſerve it forth.

To bake a Chicken pye, after you have truſt your Chickens, then broken their legges and breſt bones, and raiſed your cruſt of the beſt paſte, you ſhall lay them in the coffin cloſe together, with their bodyes full of butter: then lay upon them, and underneath them Currants, great Raiſins, Prunes, Cinamon, Sugar, whole Mace, and Salt: then cover all with great ſtore of Butter, and ſo bake it: after pour into it the ſame liquor you did in your Marrow-bone pye, with yolkes of two or three Egges beaten amongſt it, and ſo ſerve it forth. To bake a chicken pye.

To make good Red Deer Veniſon of Hares, take a Hare or two or three, as you can or pleaſe, and pick all the fleſh from the bones; then put it into a mortar, either of wood or ſtone, and with a wooden peſtle let a ſtrong perſon beat it exceedingly, and ever as it is beaten, let one ſprinkle in ſome Vinegar, and ſome Salt: then when it is ſufficiently beaten, take it out of the mortar, and put it into boyling water, and parboyl it: when it is parboyl'd, take it and lay it on a Table in a round lump, and lay a board over it: and with weights preſs it as hard as may be: then the water being preſt out of it, ſeaſon it well with Pepper and Salt: then lard it with the fat of Bacon ſo thick as may be, then bake it as you bake other Red Deer, which is formerly declared. Additions to the paſtry Veniſon or hares.

Take a Hare and pick off all the fleſh from the bones, and onely reſerve the head, then parboyl it well: which done, take it out and let it cool, aſſoon as it is cold, take at leaſt a pound and half of Raiſins of the Sunne, and take out the ſtones, then mixe them with a good quantity of Mutton ſuet, and with a ſharp ſhredding-knife ſhred it as ſmall as you would doe for a Chewet; then put to it Currants, and whole Rayſins, Cloves and Mace, Cinamon and Salt: then having raiſed the Coffin long-wiſe to the proportion of a Hare, firſt lay in the head, and then the aforeſaid meat, and lay the meat in the true proportion of a Hare, with neck, ſhoulders, and legges, and then cover the coffin, and bake it as other bak'd meates of that nature. To bake a hare pye.

A Gammon of Bacon pie.

Take a Gammon of Bacon, and onely waſh it cleane, and then boyl it on a ſoft gentle fire, till it be boyl'd as tender as is poſſible, ever and anon fleeting it clean, that by all means it may boyl white: then take off the ſword, and farſe it very well with all manner of ſweet and pleaſant farſing herbs, then ſtrow ſtore of Pepper over it, and prick it thick with cloves; then lay it into a coffin made of the ſame proportion, and lay good ſtore of Butter round about it, and upon it, and ſtrow Pepper upon the Butter, that as it melts, the Pepper may fall upon the Bacon; then cover it, and make the proportion of a Pigs Head in paſte upon it, and then bake it as you make red deer, or things of the like nature, only the Paſte would be of Wheat-meal.

A Herring py.

Take white pickled Herrings of one nights watering, and boyl them a little, then take off the skin, and take onely the backs of them, and pick the fiſh clean from the bones; then take good ſtore of Raiſins of the Sun, and ſtone them; and put them to the fiſh; then take a Warden or two, and pare it, and ſlice it in ſmall ſlices from the core, and put it likewiſe to the fiſh; then with a very ſharp ſhredding knife ſhred all as ſmall and fine as may be: then put to it good ſtore of Currants, Sugar, Cinamon, ſlic't Dates, and ſo put it into the coffin, with good ſtore of very ſweet Butter, and ſo cover it, and leave onely a round vent-hole on the Top of the lid, and ſo bake it like pies of that nature: When it is ſufficiently bak't, draw it out, and take Claret Wine, and a little Verjuyce, Sugar, Cinamon, and ſweet Butter, and boyl them together: then put it in at the vent-hole, and ſhake the pye a little, and put it againe into the Oven for a little ſpace, and ſo ſerve it up, the lid being candied over with Sugar, and the ſides of the diſh trimmed with Sugar.

A Ling pie.

Take the jole of the beſt Ling, that is not much watered, and is well ſodden and cold; but whilſt it is hot, take off the skin, and pare it clean underneath, and pick out the bones clean from the fiſh: then cut it into groſſe bits, and let it lye; then take the yolks of a dozen Eggs boild exceeding hard, and put them to the Fiſh and ſhred all together as ſmall as is poſſible; then take all manner of the beſt and fineſt pot-herbs, and chop them wonderfull

ſmall

ſmall, and mix them alſo with the fiſh, then ſeaſon it with Pepper, Cloves, and Mace, and ſo lay it into a coffin with great ſtore of ſweet butter, ſo as it may ſwim therein, and then cover it, and leave a vent-hole open in the Top, and when it is baked, draw it, and take Verjuyce, ſugar, cinamon, and butter, and boyl them together; and firſt with a feather annoint all the lid over with that liquor, and then ſcrape good ſtore of ſugar upon it; then pour the reſt of the liquor in at the vent-hole, and then ſet it into the Oven again for a very little ſpace, and then ſerve it up as pyes of the ſame nature, and both theſe pyes of Fiſh before rehearſed, are extraordinary and ſpeciall Lenten diſhes.

Take a pint of the ſweeteſt and thickeſt creame that can be gotten, and ſet it on the fire in a very clean ſcowred skillet, and put into it Sugar, Cinamon, and a Nutmegge cut into four quarters, and ſo boyl it well: then take the yolkes of foure Egges, and take off the ſlimes, and beat them well with a little ſweet Cream, then take the foure quarters of the Nutmeg out of the creame, then put in the egges, and ſtirre it exceedingly till it be thick: then take a fine Manchet, and cut it into thinne ſhivers, as much as will cover a diſh bottom, and holding it in your hand, pour half the Creame into the diſh: then lay your bread over it, and cover the bread with the reſt of the creame, and ſo let it ſtand till it be cold: then ſtrew it over with Caraway comfets, and prick up ſome Cinamon comfets, and ſome ſlic't Dates; or for want thereof, ſcrape all over it ſome Sugar, and trim the ſides of the diſh with Sugar, and ſo ſerve it up.

Take a pint of the beſt and thickeſt Creame, and ſet it on the fire in a cleane skillet, and put into it Sugar, Cinamon, and a Nutmegge cut into four quarters, and ſo boyl it well, then put it into the diſh you intend to ſerve it in, and let it ſtand to cool till it be more than luke-warme: then put in a ſpoonfull of the beſt earning, and ſtir it well about, and ſo let it ſtand till it be cold: and then ſtrew Sugar upon it, and ſo ſerve it up, and this you may ſerve either in diſh, glaſſe, or other plate.

Take Calves feet well boyl'd, and pick all the meat from the bones: then being cold, ſhred it as ſmall as you can; then ſeaſon

A calves foot pye.

ſeaſon it with Cloves and Mace, and put in good ſtore of Currants, Raiſins, and Prunes, then put it into the coffin with good ſtore of ſweet Butter: then break in whole ſticks of Cinamon, and a Nutmegge ſlic't into four quarters, and ſeaſon it before with Salt: then cloſe up the coffin, and onely leave a vent-hole; When it is bak't, draw it, and at the vent-hole put in the ſame liquor you put in the Ling-pye, and trim the lid after the ſame manner, and ſo ſerve it up.

Oyſter pye. Take of the greateſt Oyſters drawn from the ſhels, and parboyl them in Verjuyce: then put them into a Cullander, and let all the moyſture run from them, till they be as dry as poſſible: then raiſe up the coffin of the pye, and lay them in; then put to them good ſtore of currants, and fine powdred Sugar, with whole Mace, whole Cloves, whole Cinamon, and Nutmegge ſlic'd, Dates cut, and good ſtore of ſweet butter: then cover it, and onely leave a vent-hole: when it is bak't, then draw it, and take White Wine, and white wine Vineger, Sugar, Cinamon, and ſweet butter, and melt it together: then firſt trim the lid therewith, and candy it with Sugar; then powre the reſt in at the vent hole, and ſhake it well, and ſo ſet it into the Oven again for a little ſpace, and ſo ſerve it up, the diſh edges trim'd with Sugar. Now ſome uſe to put to this Pye Onions ſliced and ſhred, but that is referred to diſcretion, and to the pleaſure of the Taſt.

To recover Veniſon that is tainted. Take ſtrong Ale, and put to it wine Vinegar as much as will make it ſharp; then ſet it on the fire, and boyl it well and skum it, and make of it a ſtrong brine with bay ſalt or other ſalt; then take it off, and let it ſtand till it be cold, then put your Veniſon into it, and let it lye in it full twelve houres: then take it out from that meer ſawce, and preſſe it well, then parboyl it, and ſeaſon it with Pepper, and Salt, and bake it, as hath been before ſhewed in this Chapter.

A chewet pye. Take the brawns and the wings of Capons and Chickens after they have been roaſted, and pull away the skin; then ſhred them with Mutton-ſuet very ſmall; then ſeaſon it with Cloves, Mace, Cynamon, Sugar, and Salt: then put to Raiſins of the Sun, and Currants, and ſlic'd Dates, and Orenge-pills, and being well mixt together, put it into ſmall coffins made for

for the purpoſe, and ſtrow on the Top of them good ſtore of Carraway comfets: then cover them, and bake them with a gentle heat: and theſe Chewets you may alſo make of roaſted Veal, ſeaſoned as before ſhewed, and of all parts the loyn is the beſt.

Take a Legge of Mutton, and cut the beſt of the fleſh from the bone, and parboyl it well: then put to it three pound of the beſt Mutton ſuet, and ſhred it very ſmall; then ſpread it abroad, and ſeaſon it with Salt, Cloves, and Mace: then put in good ſtore of Currants, great Raiſins and Prunes clean waſhed, and picked, a few Dates ſliced, and ſome Orenge-pills ſliced; then being all well mixt together, put it into a coffin, or into divers coffins, and ſo bake them: and when they are ſerved up, open the lids, and ſtrow ſtore of Sugar on the Top of the meat, and upon the lid. And in this ſort, you may alſo bake Beef or Veal, onely the Beef would not be parboyl'd, and the Veal will aske a double quantity of Suet. A mince pie.

Take the faireſt and beſt Pippins, and pare them, and make a hole in the Top of them; then prick in each hole a Clove or two, then put them into the coffin, then break in whole ſticks of Cynamon, and ſlices of Orenge-pills, and Dates, and on the Top of every Pippin, a little piece of ſweet Butter; then fill the coffin, and cover the Pippins over with Sugar: then cloſe up the Pye, and bake it, as you bake Pyes of the like nature: and when it is bak'd, annoint the lidde over with ſtore of ſweet butter, and then ſtrow Sugar upon it a good thickneſſe, and ſet it into the Oven again for a little ſpace, as while the meat is in diſhing up, and then ſerve it. A Pippin pie.

Take of the faireſt and beſt Wardens, and pare them, and take out the hard cores on the Top, and cut the ſharp ends at the bottom flat; then boyle them in white Wine and Sugar, untill the ſirrup grow thick: then take the Wardens from the ſirrup in a cleare diſh, and let them cool, then ſet them into the coffin, and prick cloves in the Tops, with whole ſticks of Cinamon, and great ſtore of Sugar as for Pippins: then cover it, and onely reſerve a vent-hole, ſo ſet it in the Oven and bake it; when it is bak'd, draw it forth, and take the firſt ſirrup in A warden pie.

which

which the Wardens were boyld, and taſte it, and if it be not ſweet enough, then put in more Sugar, and ſome Roſe-water, and boyl it againe a little: then pour it in at the vent-hole, and ſhake the pye well: then take ſweet Butter, and Roſe-water melted, and with it annoint the pye-lid all over, and then ſtrow on it ſtore of Sugar, and ſo ſet it into the Oven again a little ſpace, and then ſerve it up: and in this manner you may alſo bake Quinces.

To preſerve Quinces to bake all the year.

Take the beſt and ſweeteſt Wort, and put to it good ſtore of Sugar: then pare and cover the Quinces clean, and put them therein, and boyl them till they grow tender: then take out the quinces and let them cool, and let the pickle in which they were boyled ſtand to coole alſo: then ſtraine it thorow a raunge or ſieve, then put the Quinces into a ſweet earthen pot: then powr the pickle or firrop unto them, ſo as all the Quinces may be quite covered all over: then ſtop up the pot cloſe, and ſet it in a dry place, and once in ſix or ſeven weekes look upon it; and if you ſee it ſhrink, or do begin to hoar or mould, then powr out the pickle or firrop, and renewing it, boyl it over again, and as before put it to the Quinces being cold, and thus you may preſerve them for the uſe of baking, or otherwiſe, all the year.

A Pippin tart.

Take Pippins of the faireſt, and pare them, and then divide them juſt in halfes, and take out the cores cleane: then having rould the coffin flat, and raiſed up a ſmall verdge of an inch, or more high, lay in the Pippins with the hollow ſide downward, as cloſe one to another as may be: then lay here and there a Clove, and here and there a whole ſticke of Cinamon, and a little bit of Butter: then cover all clean over with Sugar, and ſo cover the coffin, and bake it according to the manner of Tarts, and when it is bak't, then draw it out, and having boyled butter and Roſe-water together, anoint all the lid over therewith, and then ſcrape or ſtrow on it good ſtore of Sugar, and ſo ſet it in the oven again, and after ſerve it up.

A Codlin tart.

Take green Apples from the Tree, and coddle them in ſcalding water without breaking: then pill the thin skinne from them and ſo divide them in halfs, and cut out the cores, and ſo lay

lay them into the coffin; and do in every thing as you did in the Pippin Tart; and before you cover it, when the Sugar is caſt in, ſee you ſprinkle upon it good ſtore of Roſe-water, then cloſe it, and do as before ſhewed.

A codlin Pie.

Take Codlins as before ſaid, and pill them and divide them in halfes, and core them, and lay a lear thereof in the bottom of the pye: then ſcatter here and there a clove, and here and there a piece of whole Cinamon, then cover them all over with Sugar, then lay another lear of Codlings, and do as before ſaid, and ſo another, till the coffin be all filled; then cover all with Sugar, and here and there a Clove and a Cinamon-ſtick, and if you will a ſlic't Orange pill and a Date; then cover it, and bake it as the Pies of that nature: When it is bak't, draw it out of the Oven, and take of the thickeſt and beſt Cream, with good ſtore of Sugar, and give it one boyl or two on the fire, then open the pye, and put the Cream therein, and maſh the Codlins all about; then cover it, and having trimm'd the lid, (as was before ſhewed in the like Pies and Tarts) ſet it into the Oven again for half an hour, and ſo ſerve it forth.

A cherry tart.

Take the faireſt Cherries you can get, and pick them clean from leaves and ſtalks: then ſpread out your coffin as for your Pippin Tart, and cover the bottom with ſugar, then cover the ſugar all over with Cherries, then cover thoſe Cherries with ſugar, ſome ſticks of Cinamon, and here and there a Clove; then lay in more Cherries, and ſo more ſugar, Cinamon and Cloves, till the coffin be filled up: then cover it, and bake it in all points, as the codlin and pippin Tart, and ſo ſerve it: and in the ſame manner you may make Tarts of Gooſeberries, Strawberries, Rasberries, Bilberries, or any other Berry whatſoever.

A Rice Tart.

Take Rice that is clean pick'd, and boyl it in ſweet Cream, till it be very ſoft; then let it ſtand and cool, and put into it ſtood ſtore of Cinamon and Sugar, and the yolks of a couple of Eggs and ſome Currants, ſtir and beat all well together, then having made the coffin in the manner before-ſaid for other Tarts, put the Rice therein, and ſpread it all over the coffin: then break many little bits of ſweet Butter upon it all over, and ſcrape ſome Sugar over it alſo; then cover the Tart, and bake it, and trim it in all points as hath been before ſhewed, and ſo ſerve it up.

Tak:

A Florentine. Take the Kidneys of Veal after it hath been well roaſted, and is cold: then ſhred it as fine as is poſſible; then take all ſorts of ſweet Pot herbs, or farcing herbs, which have no bitter or ſtrong taſt, and chop them as ſmall as may be, and putting the Veal into a large diſh, put the herbs unto it, and good ſtore of clean waſht Currants, Sugar, Cinamon, the yolkes of foure egges, a little ſweet Creame warm'd, and the fine grated crummes of a half penny loafe, and ſalt, and mixe all exceedingly together: then take a deep pewter diſh, and in it lay your paſte very thin rowled out, which paſte you muſt mingle thus: Take of the fineſt Wheat flower a quart, and a quarter ſo much Sugar, and a little Cinamon; then breake into it a couple of Egges, then take ſweet cream and butter melted on the fire, and with it knead the paſte, and as was before ſaid, having ſpread butter all about the diſhes ſides, then put in the Veal, and breake pieces of ſweet butter upon it, and ſcrape Sugar over it; then rowl out another paſte reaſonable thicke, and with it cover the diſh all over, cloſing the two paſtes with the beaten whites of Egges very faſt together, then with your knife cut the lid into diverſe pretty workes, according to your fancy then ſet it in the Oven and bake it with Pyes and Tarts of like nature; when it is bak't, draw it and trimme the lid with Sugar, as hath been ſhewed in Tarts, and ſo ſerve it up with your ſecond courſe.

A prune tart. Take of the faireſt damask Prunes you can get, and put them in a clean pipkin with fair Water, Sugar, unbruiſed Cinamon, and a branch or two of Roſemary, and if you have bread to bake, ſtew them in the Oven with your bread: if otherwiſe, ſtew them on the fire: when they are ſtewed, then bruiſe them all to maſh in their ſirrup, and ſtrain them into a clean diſh; then boyl it over againe with Sugar, Cinamon, and Roſe-water, till it be as thick as marmelad; then ſet it to cool, then make a reaſonable Tough paſte with fine flower, Water, and a little butter, and rowl it out very thin: then having patterns of paper cut into divers proportions, as Beaſts, Birds, Armes Knots, Flowers and ſuch like, Lay the patterns on the paſt, and ſo cut them accordingly: then with your fingers pinch up the edges of the paſte, and ſet the work in good

good proportion: then prick it well all over for riſing, and ſet it on a clean ſheet of large paper, and ſo ſet it into the Oven, and bake it hard; then draw it and ſet it by to coole; and thus you may do by a whole Oven full at one time, as your occaſion of experience is: then againſt the time of ſervice comes, take of the confection of Prunes before reheatſed, and with your Knife or a ſpoon, fill the coffin according to the thickneſſe of the verge, then ſtrow it over with carraway cumfets, and prick long cumfets upright in it, and ſo taking the paper from the bottom, ſerve it on a plate in a diſh or charger, according to the bigneſſe of the Tart, and at the ſecond courſe; and this Tart carryeth the colour black.

Take Apples and pare them, and ſlice them thin from the core into a Pipkin with White Wind, good ſtore of Sugar, Cinamon, a few Saunders and Roſe-water, and ſo boyl it till it be thick: then cool it and ſtrain it and beat it very well together with a ſpoon, then put in into the coffin as you did the Pruen Tart, and adorn it alſo in the ſame manner, and this Tart you may fill thicker or thinner, as you pleaſe to raiſe the edge of the coffin, and it carrieth colour red. Apple-Tart.

Take good ſtore of Spinage, and boyl it in a Pipkin, with White-Wine, till it be very ſoft as pap: then take it and ſtrain it well into a pewter diſh, not leaving any part unſtrained: then put to it Roſe-water, great ſtore of Sugar and cinamon, and boyl it till it be as thick as Marmalad, then let it coole, and after fill your Coffin and adorn it, and ſerve it in all points as you did your Pruen-Tart; and this carrieth the colour green A Spinnage Tart.

Take the yolks of Egges and break away the ſilms, and beat them well with a little Cream, then take of the ſweeteſt and thickeſt cream that can be got, and ſet it on the fire in a clean skillet, and put into it Sugar, Cinamon, Roſe-water, and then boyl it well: when it is boyld, and ſtill boyling, ſtir it well, and as you ſtir it put eggs, and ſo boyl it till it curdle: then take it from the fire and put it into a ſtrainer, and firſt let the thin whey run away into a by diſh, then ſtrain A yellow tart.

ſtrain the reſt very well, and beat it well with a ſpoon, and ſo put it into the Tart Coffin, and adorn it as you do your Prun Tart, and ſo ſerve it, and this carrieth the colour yellow.

A white Tart. Take the whites of egges and beat them with Roſe-water, and a little ſweet cream, then ſet on the fire good thick ſweet cream, and put into it ſugar, cinamon, roſe-water, and boyl it well, and as it boyles ſtirr it exceedingly, and in the ſtirring put in the whites of eggs, then boyl it till it curde, and after do in all things as you did to the yellow Tart; and this carrieth the colour white, and it is a very pure white, and therefore would be adorned with Red carraway Comfets, and as this, ſo with blaunched almonds like white Tarts, and full as pure. Now you may if you pleaſe, put all theſe ſeverall colours, and ſeverall ſtuffs into one Tart, as thus; If the Tart be in the proportion of a beaſt, the body may be of one colour, the eyes of another, the Teeth of another, the Tallents of another: and of birds, the body of one colour, the eyes of another, the legs of another, and every feather in the wings of a ſeverall colour, according to fancy: and ſo likewiſe in Armes, the field one colour, the charge of another, according to the form of the Coat armour; as for Mantles, Trails, and devices abont arms, they may be ſet out with ſeverall colours of preſerves, conſerves, marmalads, and good in cakes, and as you ſhall find occaſion or invention; and ſo likewiſe of knots, one tayl of one colour, and another of another, and ſo of as many as you pleaſe.

A hearb Tart. Take Sorrell, Spinage, Parſly, and boyl them in water till they be very ſoft as pap, then take them up and preſſe the water clean from them, then take good ſtore of yolks of egges boild very hard, and chopping them with the hearbs exceeding ſmall, then put in good ſtord of currants, ſugar, and cynamon, and ſtir all well together; then put them into a deep Tart Coffin with good ſtore of ſweet butter, and cover it and bake it like a Pippin Tart, and adorn the lid after the baking in that manner alſo, and ſo ſerve it up.

To bake a pudding pye. Take a quart of the beſt cream, and ſet it on the fire, and ſlice a loaf of the lighteſt white bread into thin ſlices, and put into it, and let it ſtand on the fire till the milk begin to riſe; then

then take it off, and put it into a baſon, and let it ſtand till it be cold, then put in the yolks of four eggs, and two whites, good ſtore of currants, ſugar, Cinamon, Cloves, Mace, and plenty of Sheeps ſuet finely ſhred, and a good ſeaſon of Salt, then trime your pot very well round about with butter, and ſo put in your pudding, and bake it ſufficiently, then when you ſerve it, ſtrow Sugar upon it.

A white-pot.

Take the beſt and ſweeteſt cream; and boyl it with good ſtore of Sugar, and Cinamon, and a little Roſe-water, then take it from the fire and put it into clean pickt Rice, but not ſo much as to make it thick, and let it ſteep therein till it be cold, then put in the yolks of ſix egges and two whites, Currants, Cinamon, Sugar, and Roſe-water, and ſalt, then put it into a pan or pot as thin as it were a cuſtard; and ſo bake it, and ſerve it in the pot it is baked in, trimming the top with Sugar or Comfets.

Banquetting fruit and conceited diſhes.

There are a World of other bakt Meats and Pies, but for as much as whoſoever can doe theſe, may doe all the reſt, becauſe herein is contained all the art of ſeaſonings, I will trouble you with no further repetitions; but proceed to the manner of making Banquetting ſtuff, and conceited diſhes, with other pretty and curious ſecrets, neceſſary for the underſtanding of our Engliſh Houſe-wife: for albeit, they are not of generall uſe, yet in their due times, they are ſo needfull for adornation, that whoſoever is ignorant therein, is lame, and but the halfe part of a Houſe-wife.

To make paſt for Quinces.

To make paſt of quinces, firſt boyl your quinces whole, and when they are ſoft pare them, and cut the quince from the core; then take the fineſt Sugar you can get, finely beaten and ſearſed, and put in a little Roſe-water, and boyl it together till it be ſtiffe enough to mould, and when it is cold, then role it: and print it: a pound of quinces will take a pound of Sugar, or near thereabouts.

To make thinne quince cakes.

To make thinne quince cakes, take your quince when it is boyled ſoft as before ſaid, and dry it upon a pewter plate, with a ſoft heat, and be ever ſtirring of it with a ſlice till it be hard, then take ſearſed ſugar quantity for quantity, and ſtrow it into the quince, as you beat it in a wooden or ſtone morter: and ſo roule them thin and print them.

To

To preserve quinces.

To preserve quinces, first pare your quinces, and take out the cores, and boyl the cores and parings altogether in fair water, and when they begin to be soft, take them out and strain your liquor, and put the weight of your quinces in sugar, and boyl the quinces in the sirrop till they be tender: then take them up and boil the sirrup till it be thick. If you will have your quinces red, cover them in the boyling; and if you will have them white do not cover them.

To make Ipocras.

To make Ipocras, take a pottle of wine, two ounces of good cinamon, half an ounce of ginger, nine cloves, and six pepper corns, and a nutmeg, and bruise them and put them into the wine with some Rosemary flowers, and so let them steep all night, and then put in Sugar a pound at least, and when it is well setled, let it run through a wollen bag made for that purpose: thus if your Wine be claret, the Ipocras will be red; if white, then of that colour also.

To make jelly.

To make the best jelly, take Calves feet and wash them, and scald off the hair as clean as you can get it: then split them and take out the fat and lay them in water and shift them, then bruise them in fair water untill it will jelly, which you shall know by now and then cooling a spoonfull of the broth; when it will jelly, then strain it, and when it is cold, then put in a pint of Sack and whole Cinamon, and Sugar and a little Rose-water, and boyl all well together again. Then beat the white of an Egge and put into it, and let it have one boyl more: then put in a branch of Rosemary into the bottom of your jelly bag, and let it run through once or twice, and if you will have it coloured, then put in a little Townsall. Also if you want calves feet, you may make as good Jelly if you take the like, quantity of Isinglasse, and so use no calves feet at all.

To make Leach.

To make the best Leech take Isingglasse, and lay it two hours in water, and shift it and boyl it in fair water, and let it cool, Then take Almonds and lay them in cold water till they will blaunch; and then stamp them and put to new milk, and strain them and put in whole Mace and Ginger slic't, and boyl them till it taste well of the spice: then put in your Isingglass and sugar, and a little Rose-water, and then let them all run through a strainer.

To make ginger bread.

Take Claret Wine, and colour it with Townsall, and put in sugar

ſuger, and ſet it to the fire ; then take wheat bread finely grated and ſifted, and Lycoras, Anniſeeds, Ginger and Cinamon beaten very ſmall and ſearſed ; and put your bread and your ſpice together, and put them into the wine and boyl it, and ſtir it till it be thick, then mould it and print it at your pleaſure, and let it ſtand neither too moiſt nor too warm.

To make red Marmalade of quinces, take a pound of Quinces and cut them in halfes, and take out the cores, and pare them; then take a pound of Suger, and a quart of fair water, and put them all into a pan, and let them boyl with a ſoft fire, and ſometimes turn them and keep them covered with a pewter diſh, ſo that the ſteam or ayr may come a little out : the longer they are in boyling, the better colour they will have : and when they be ſoft take a Knife, and cut them croſs upon the top, it will make the ſirrop go through that they may be all of the like colour : then ſet a little of your ſirrop to cool, and when it beginneth to be thick, then break your quinces with a ſlice or a ſpoon, ſo ſmall as you can in the pan, and then ſtrow a little fine ſuger in your boxes bottome, and ſo put it up. Marmalade of Quinces, red.

To make white Marmalade, you muſt in all points uſe your quinces as is before ſaid ; only you muſt take but a pint of water to a pound of quinces, and a pound of Suger, and boyl them as faſt as you can, and cover them not at all. Marmalade white.

To make the beſt Jumbals, take the whites of three Eggs, and beat them well, and take off the froth ; then take a little milke and a pound of fine wheat flowre and ſuger together finely ſifted, and a few Anniſeeds well rub'd and dryed, and then work all together as ſtiff as you can work it, and ſo make them in what forms you pleaſe, and bake them in a ſoft oven upon white papers. To make jumbals.

To make Biſket bread, take a pound of fine flowre, and a pound of ſuger finely beaten and ſearſed, and mixe them together, then take eight eggs, & put four yolks, and beat them very wel together ; then ſtrow in your flowr & ſuger as you are beating of it, by a little at once, it will take very near an hours beating ; then take half an ounce of Anniſeeds and Coriander ſeeds, and let them be dryed and rub'd very clean, and put them in ; then rub your biſket pans with cold ſweet butter as thin as you can, and ſo put it in, and bake it an Oven : but if you would To make biſket bread.

have thinne cakes, then take fruit dishes, and rub them in like sort with butter, and so bake your Cakes on them, and when they are almost baked, turn them, and thrust them down close with your hand. Some to this Bisket bread will adde a little Cream, and it is not amisse, but excellent good also.

To make finer jumbals. To make Jumbals more fine and curious than the former, and neerer to the taste of the Macoroon, take a pound of Suger, beat it fine, then take as much fine wheat flowre, and mixe them together, then take two whites and one yolk of an Egge, half a quarter of a pound of blanched Almonds: then beat them very fine altogether, with half a dish of sweet butter, and a spoonfull of Rose water, and so work it with a little Cream till it come to a very stiff paste, then roul them forth as you please: and hereto you shall also, if you please, adde a few dryed Annis seeds finely rubbed, and strewed into the paste, and also Coriander seeds.

To make dry Suger-leach. To make dry Suger leach, blaunch your Almonds, and beat them with a little Rose water, and the white of one egge, and you must beat it with a great deal of Suger, and work it as you would work a piece of past: then roul it, and print it as you did other things, only be sure to strew Suger in the print for fear of cleaving to.

To make leach Lumbard. To make Leach Lumbard, take half a pound of blaunched Almonds, two ounces of Cinamon beaten and searsed, half a pound of Suger; then beat your Almonds, and strew in your Suger and Cinamon till it come to a paste, then roul it, and print it, as aforesaid.

To make fresh Cheese. To make an Excellent fresh Cheese, take a pottle of milk as it comes from the Cow, and a pint of Cream: then take a spoonfull of Runnet or Earning, and put it unto it, and let it stand two hours; then stirre it up, and put it into a fine cloth, and let the Whey drain from it: then put it into a bowl, and take the yolk of an Egge, a spoonfull of Rose water, & bray them together with a very little Salt, with Suger & Nutmegge, & when all these are brayed together, & searst, mixe it with the curd, & then put it in the Cheese fat with a very fine cloth.

How to make coorse Ginger-bread. To make coorse Ginger bread, take a quart of honey, and set it on the coals and refine it: then take a penny worth of Ginger,

Ginger, as much Pepper, as much Lycoras and a quarter of pound of Anniseeds, and a penny worth of Saunders: all these must be beaten and searsed, and so put into the Hony; then put in a quarter of a pint of Claret wine, or old Ale: then take three penny manchets finely grated, and strow it amongst the rest, and stir it till it come to a stiff paste, and then make it into cakes, and dry them gently.

To make ordinary Quince cakes, take a good piece of a preserved quince, and beat it in a morter, and work it up into a very stiff paste with fine searst suger; then print it, and dry them gently. How to make Quince cakes ordinary.

To make most artificial Cinamon sticks, take an ounce of Cinamon and pound it, and half a pound of Suger: then take some gum Dragon, and put it in steep in Rose water: then take thereof to the quantity of a Hazel nut, and work it out and print it, and roul it in form of a Cinamon stick. How to make Cinamon sticks.

To make Cinamon water, take a pottle of the best Ale and a pottle of Sack-lees, a pound of Cinamon sliced fine, and put them together, and let them stand two dayes; then distil them in a Limbeck or glasse still. How to make Cinamon water.

To make wormwood water, take two gallons of good Ale, a pound of Anniseeds, half a pound of Lycoras, & beat them very fine; & then take two good handfulls of the crops of Wormwood and put them into the Ale, and let them stand all night, and then distill them in a Limbeck with a moderate fire. To make Worm-wood water.

To make sweet water of the best kind, take a thousand Damask Roses, two good handfuls of Lavender tops, a three penny weight of Mace, two ounces of Cloves bruised, a quart of running water: put a little water into the bottoms of an earthen pot, and then put in your Roses and Lavender, with the spices by little and little, and in the putting in, alwaies knead them down with with you fist, and so continue it until you have wrought up all your Roses and Lavender, and in the working between put in alwayes a little of your water; then stop your pot close, and let it stand in four dayes, in which time, every morning and evening put in your hand, and pull from the bottome of your pot the said Roses, working it for a time, and then distill it, and hang in the glass of water a grain or two of Musk wraps in a piece of Sarcenet or fine cloth. To make sweet-water.

Another way. Others to make ſweet Water, take of Irees two ounces, of Calamus half an ounce, of Cypreſs roots half an ounce, of yellow Sanders nine drams, of Cloves bruiſed one ounce, of Storax and Galamint one ounce, and of Muſk twelve grains, and infuſing all theſe in Roſe-water diſtil it.

To make Date Leach. To make an Excellent Date-Leach, take Dates, and take out the ſtones, and the white rind, and beat them with Sugar, Cinamon and Ginger, very finely; then work it as you would work a peece of paſte, and then print them as you pleaſe.

To make Suger plate. To make a kind of Suger plate, take Gum Dragon, and lay it in Roſe water two dayes: then take the powder of fair Heppes & Suger, and the juyce of an Orenge, beat all theſe together in a morter, then take it out, and work it with your hand and print it at your pleaſure.

To make ſpice Cakes. To make Excellent ſpice Cakes, take half a peck of very fine Wheat-flower, take almoſt one pound of ſweet butter, and ſome good milk and cream mixt together, ſet it on the fire, and put in your butter, and a good deal of Suger, and let it melt together: then ſtrain Saffron into your milk a good quantity: then take ſeven or eight ſpoonfulls of good Ale barm, and eight eggs with two yolks, and mixe them together, then put your milk to it when it is ſomewhat cold, and into your flowre put ſalt, Anniſeeds bruiſed, Cloves, and Mace, and a good deal of Cinamon; then work all together good and ſtiff, that you need not work in any flowre after, then put in a little Roſe water cold, then rubbe it well in the thing you knead it in and work it throughly: if it be not ſweet enough, ſcrape in a little more ſuger, and pull it all in pieces, and hurl in a good quantity of currants, and ſo work all together again, and bake your cake as you ſee cauſe, in a gentle warm Oven.

To make Banbury cakes. To make a very good *Banbury Cake*, take four pounds of currants, and waſh and pick them very clean, and dry them in a cloth: then take three Eggs, and put away one yolk, and beat them and ſtrain them with Barm, putting thereto cloves, Mace, Cinamon, and Nutmeggs, then take a pint of creame, and as much mornings milk, and ſet it on the fire till the cold be taken away; then take flowre, and put in good ſtore of

cold

cold butter and ſugar, then put in your egges, barme, and meale, and work them all together an hour or more; then ſave a part of the paſte, and the reſt break in pieces, and work in your Currants; which done, mould your Cake of what quantity you pleaſe, and then with that paſte which hath not any Currants, cover it very thin, both underneath, and aloft. And ſo bake it according to the bigneſſe.

To make the beſt March-pane, take the beſt Jordan Almonds, and blaunch them in warm water, then put them into a ſtone morter, and with a wooden peſtell beat them to pap, then take of the fineſt refined Sugar, well ſearſt, and with it Damaske Roſe-water, beat it to a good ſtiffe paſte, allowing almoſt to every Jordan Almond, three ſpoonfulls of Sugar: then when it is brought thus to a paſte, lay it upon a fair Table, and ſtrowing ſearſt-ſugar under it, mould it like leaven, then with a roling pin role it forth, and lay it upon wafers, waſht with Roſe-water; then pinch it about the ſides, and put it into what form you pleaſe; then ſtrow ſearſt Sugar all over it, which done, waſh it over with Roſe-water and Sugar mixt together, for that will make the Ice; then adorn it with Comfets, guilding, or whatſoever devices you pleaſe, and ſo ſet it into a hot ſtove, and there bake it criſpy, and ſerve it forth. Some uſe to mixe with the paſte, Cinamon, and Ginger finely ſearſt, but I referre that to your particular taſte. To make the beſt March-pane.

To make paſte of *Genoa*, you ſhall take Quinces after they have been boyled ſoft, and beat them in a morter with refined Sugar, Cinamon, and Ginger finely ſearſt, and damask Roſe-water, till it come to a ſtiffe paſt; and role it forth, and print it, and ſo bake it in a ſtove: and in this ſort, you may make paſte of Pears, Apples, Wardens, Plummes of all kinds, Cherries, Barberries, or what other fruits you pleaſe. To make paſte of *Genoa*, or any other paſt.

To make conſerve of any fruit you pleaſe, you ſhall take the fruit you intend to make conſerve of, and if it be ſtone-fruit, you ſhall take out the ſtones: if other fruit, take away the paring and core, and then boyl them in faire running water, to a reaſonable height: then draine them from thence, and put them into a freſh veſſell with Claret Wine, or White Wine, according to the colour of the fruit: and ſo boyl them To make any Conſerve.

to a thick pap, all to maſhing, breaking, and ſtirring them together: and then to every pound of pap, put to a pound of ſugar, and ſo ſtirre them all well together, and being very hot, ſtraine them through faire ſtrainers, and ſo pot it up.

To make a conſerve of Flowers.

To make conſerve of Flowers, as Roſes, Violets, Gilliflowers, and ſuch like; you ſhall take the flowers from the ſtalks, and with a pair of ſheeres cut away the white ends at the roots thereof, and then put them into a ſtone morter, or wooden brake, and there cruſh, or beat them, till they be come to a ſoft ſubſtance: and then to every pound thereof, take a pound of fine refined ſugar, well ſearſt, and beat it all together, till it come to one intire body, and then pot it up, and uſe it as occaſion ſhall ſerve.

To make wafers.

To make the beſt Wafers, take the fineſt wheat flower you can get, and mixe it with creame, the yolks of egges, Roſe-water, Sugar, and Cinamon, till it be a little thicker than Pancake-batter, and then warming your wafer Irons on a charcoal-fire, annoint them firſt with ſweet butter, and then lay on your batter, and preſſe it, and bake it white or brown at your pleaſure.

To make Marmalade of Oranges.

To make an excellent Marmalade of Oranges, take the Oranges, and with a knife pare off as thin as is poſſible the uppermoſt rind of the Orange; yet in ſuch ſort, as by no meanes you alter the colour of the Orange: then ſteep them in faire water, changing the water twice a day, till you find no bitterneſſe of taſt therein; then take them forth, and firſt boyl them in faire running water, and when they are ſoft, remove them into Roſe-water, and boyl them therein till they break: then to every pound of the pulpe, put a pound of refined Sugar, and ſo having maſht, and ſtirring them all well together, ſtraine it through very fair ſtrainers into boxes, and ſo uſe it as you ſhall ſee occaſion.

Additions to banquetting-ſtuffe.

Take a pottle of fine flower, and a pound of Sugar, a little Mace, and good ſtore of water to mingle the flower into a ſtiffe paſte, and a good ſeaſon of ſalt, and ſo knead it, and role out the cakes thin, and bake them on papers.

To make fine Cakes.

Fine bread.

Take a quarter of a pound of fine ſugar well beaten, and as much

much flower finely bolted, with a quantity of Anniſeeds a little bruiſed, and mingle all together; then take two egges, and beat them very well, whites and all; then put in the mingled ſtuff aforeſaid, and beat all together a good while, then put it into a mould, wiping the bottome ever firſt with butter, to make it come out eaſily, and in the baking, turn it once or twice as you ſhall have occaſion, and ſo ſerve it whole or in ſlices at your pleaſure.

Take ſweet Apples, and ſtamp them as you do for Cider, then preſſe them through a bag as you do Verjuyce, then put it into a firkin wherein you will keep your quinces, and then gather your quinces, and wipe them clean, and neither core them nor pare them, but only take the blacks from the Tops, and ſo put them into the firkin of Cider, and therein you may keep them all the year very fair, and take them not out of the liquor, but as you are ready to uſe them, whether it be for pyes, or any other purpoſe, and then pare them, and core them as you think good. To preſerve Quinces for Kitchin ſervice.

Take a gallon of Claret or White Wine, and put therein four ounces of Ginger, an ounce and a half of Nutmegs, of Cloves one quarter, of Sugar four pound; let all this ſtand together in a pot at leaſt twelve houres, then take it, and put it into a cleane bagge made for the purpoſe, ſo that the Wine may come with good leiſure from the ſpices. To make Ipocras.

Take quinces and wipe them very cleane, and then core them, and as you core them, put the cores ſtrait into fair water; and let the cores and the water boyl, when the water boyleth, put in the quinces unpared, and let them boyl till they be tender, and then take them out, and pare them, and ever as you pare them, put them ſtrait into ſugar finely beaten: then take the water they were ſodden in, and ſtraine it through a fine cloth, and take as much of the ſame water as you think will make ſirrup enough for the quinces, and put in ſome of your ſugar and let it boyl a while, and then put in your quinces, and let them boyl a while, and turn them, and caſt a good deal of Sugar upon them; they muſt ſeeth a pace, and ever as you turn them, cover them ſtill with Sugar, till you have beſtowed all your Sugar; and when you think that your quinces are tender enough, take them forth, and if your ſirrup be nōt ſtiff enough, you To preſerve Quinces.

you may ſeeth it againe after the quinces are forth. To every pound of quinces you muſt take more than a pound of Sugar, for the more Sugar you take, the fairer your quinces will be, and the better and longer they will be preſerved.

Conſerve of Quinces.

Take two gallons of fair water, and ſet it on the fire, and when it is luke warme, beat the whites of five or ſix egges, and put them into the water, and ſtirre it well, and then let the water ſeeth, and when it riſeth up all on a curd, then ſcumme it off. Take quinces and pare them, and quarter them, and cut out the core: Then take as many pound of your quinces as of your Sugar, and put them into your liquor, and let it boyl till your liquor be as high coloured as French Wine; and when they be very tender, then take a faire new Canvas cloth fair waſht, and ſtrain your quinces through it with ſome of your liquor; (if they will not goe through eaſily:) then if you will make it very pleaſant, take a little Musk, and lay it in Roſe-water, and put it thereto, then take and ſeeth it, untill it be of ſuch ſubſtance, that when it is cold, it will cut with a knife; and then put it into a faire boxe, and if you pleaſe lay leafe-gold thereon.

☞ To keep Quinces all the year.

Take all the parings of your quinces that you make your conſerve withall, & three or four other quinces, and cut them in pieces and boyl the ſame parings, and the other pieces, in two or three gallons of water, and ſo let them boyle till all the ſtrength be ſodden out of the ſame quinces and parings, and if any skum ariſe whileſt it boyles, take it away; then let the ſaid water run thorough a ſtrainer into a fair veſſell, and ſet it on the fire again, and take your quinces that you will keep, and wipe them clean, and cut off the uttermoſt part of the ſaid quinces, and pick out the kernels and cores as clean as you can, and put them into the ſaid liquor, and ſo let them boyl till they be a little ſoft, and then take them from the fire, and let them ſtand till they be cold, then take a little barrel, and put into the ſaid barrel the water that your quinces be ſodden in; then take up your quinces with a Ladle, and put them into your barrel, and ſtop the barrel cloſe, that no aire come into them, till you have fit occaſion to uſe them; and be ſure to take ſuch quinces as are neither bruiſed nor rotten.

Take

Take of the beſt ſugar, and when it is beaten, ſearſe it very fine, and of the beſt Ginger, and Cinamon; then take a little Gumdragon, and lay it in Roſe-water all night, then pour the water from it, and put the ſame with a little white of an egge well beaten into a braſs mortar, the ſugar, ginger, cinamon, and all together, and beat them together till you may work it like paſte; then take it and drive it forth into cakes, and print them, and lay them before the fire, or in a very warm ſtove to bake. Or otherwiſe, take Sugar and Ginger, (as is before ſaid) cinamon and gum-dragon excepted, inſtead whereof, take onely whites of Eggs, and ſo do as was before ſhewen you. Fine Ginger Cakes.

Take curds, the paring of Lemons, of Oranges, or Pomcitrons, or indeed any half ripe green fruit, and boyl them till they be tender in ſweet wort; then make a ſirrop in this ſort, take three pound of Sugar, and the whites of four egges, and a gallon of water, then ſwing and beat the water and the egges together, and then put in your Sugar, and ſet it on the fire, and let it have an eaſier fire, and ſo let it boyl ſix or ſeven walmes; and then ſtrain it through a cloth, and ſet it on again till it fall from the ſpoon, and then put it into the rinds or fruits. To make Suckets.

Take a quart of Honey clarified, and ſeeth it till it be brown, and if it be thick, put to it a diſh of water: then take fine crums of white bread grated, and put to it, and ſtirre it well, and when it is almoſt cold, put to it the powder of Ginger, Cloves, Cinamon, and a little Licoras and Anniſeeds: then knead it, and put it into a mould and print it; ſome uſe to put to it alſo a little Pepper, but that is according unto taſte and pleaſure. Courſe Ginger bread.

Diſſolve ſugar, or ſugar-candy in Roſe-water, boile it to an height, put in your roots, fruits or flowers, the ſirrop being cold, then reſt a little; after take them out, and boyl the ſirrop again, then put in more roots, &c. then boyl the ſirrop the third time to an hardneſſe, putting in more Sugar, but not Roſe-water, put in the roots, &c. the ſirrop being cold, and let them ſtand till they candy. To candy any root, fruits, or flowers.

Thus having ſhewed you how to preſerve, conſerve, candy, and make paſts of all kinds, in which four heads conſiſts the whole Art of banquetting diſhes; I will now proceed to the ordering Ordering of Banquets.

of

or ſetting forth of a banquet, wherein you ſhall obſerve that March-panes have the firſt place, the middle place, and laſt place: your preſerved fruits ſhall be diſht up firſt, your paſts next, your wet ſuckets after them, then your dried ſuckets, then your Marmalades, and coniniates, then your comfets of all kinds; Next your Peares, Apples, Wardens, bakt, raw, or roſted, and your Oranges and Lemons ſliced; and laſtly your Wafer-cakes. Thus you ſhall order them in the cloſet, but when they goe to the Table, you ſhall firſt ſend forth a diſh made for ſhew only, as Beaſt, Bird, Fiſh, Fowl, according to invention: then your March-pane, then preſerved Fruit, then a Paſt, then a wet ſucket, then a dry ſucket, Marmalade, comfets, apples, peares, wardens, Oranges and Lemons ſliced, and then wafers, and another diſh of preſerved fruits, and ſo conſequently all the reſt before, no two diſhes of one kind, going or ſtanding together, and this will not only appear delicate to the eye, but invite the appetite with the much variety thereof.

Ordering of great Feaſts, and proportion of expence

Now we have drawn our *Houſ-wife* into theſe ſeverall Knowledges of Cookery, in as much as in her is contained all the inward Offices of Houſhold, we will proceed to declare the manner of ſerving and ſetting forth of meat for a great Feaſt, and from it derive meaner, making a due proportion of all things; for what availes it our good *Houſ-wife* to be never ſo skilfull in the parts of Cookery, if ſhe want skill to marſhall the diſhes, and ſet every one in his due place, giving precedency according to faſhion and cuſtome. It is like to a Fencer leading a band of men in a rout, who knows the uſe of the weapon, but not how to put men in order. It is then to be underſtood, that it is the Office of the Clerk of the Kitchin, (whoſe place our *Houſ-wife* muſt many times ſupply) to order the meat at the Dreſſer, and deliver it unto the Sewer, who is to deliver it to the Gentlemen, and Yeomen-waiters to bear to the Table. Now becauſe we allow no Officers but our *Houſ-wife*, to whom we only ſpeak in this Book, ſhe ſhall firſt marſhall her Sallets, delivering the Grand Sallet firſt, which is evermore compound: then green Sallets, then boyled Sallets, then ſome ſmaller compound Sallets. Next unto Sallets, ſhe ſhall deliver forth all her Fricaſes, the ſimple firſt, as Collops, Raſhers, and ſuch like,

then

then compound Fricaſes; after them all, her boyled meates in their degree, as ſimple broths, ſtewd-broths, and the boylings of ſundry Fowles. Next them, all ſorts of Roſt-meates, of which the greateſt firſt, as chine of Beef, or ſurloyne, the gigget or legges of Mutton, Gooſe, Swan, Veale, Pigge, Capon, and ſuch like. Then bak'd meats, the hot firſt, as Fallow-Deer in Paſty, Chickens, or Calves foot pye and Douſet. Then cold bak'd meates, Pheſant, Patridges, Turkey, Gooſe, Wood-cock, and ſuch like. Then laſtly, Carbanados, both ſimple and compound. And being thus Marſhall'd from the Dreſſer, the Sewer upon the placing them on the Table, ſhall not ſet them down as he received them, but ſetting the Sallets extravagantly about the Table, mixe the Fricaſes about them, then the boyld meats amongſt the Fricaſes, roſt meats amongſt the boyld, bak'd meats amongſt the roſt, and Carbonados amongſt the bak'd, ſo that before every Trencher may ſtand a Sallet, a Fricaſe, a boyld meat, a roſt meat, a bak'd meat, and a Carbonado, which will both give a moſt comely beauty to the Table, and very great contentment to the Gueſts. So likewiſe in the ſecond courſe, ſhe ſhall firſt preferre the leſſer Wild-fowl, as Mallard, Teyl, Snipe, Plover, Wood-cock, and ſuch like: then the leſſer Land-fowl, as Chicken, Pidgeons, Patridge, Raile, Turkey, Chickens, young Pea-hens, and ſuch like.

Then the great Wild-fowl, as Bitter, Hearn, Shoveler, Crane, Buſtard, and ſuch like. Then the greater Land-fowls, as Peacocks, Pheſant, Puets, Gulls, and ſuch like. Then hot bak'd meats, as Marrow-bone pye, Quince-pye, Florentine, and Tarts.

Then cold bak'd meats, as Red Deer, Hare-pye, Gammon of Bacon-pye, Wild-bore, Roe-pye, and ſuch like, and theſe alſo ſhall be marſhald at the Table as the firſt courſe, not one kind all together, but each ſeverall ſort mixt together, as a leſſer Wild-fowle, and a leſſer Land-fowle, a great Wild-foule, and a great Land-fowle, a hot bak'd meat and a cold; and for made diſhes and Quelquechoſes, which rely on the invention of the Cook, they are to be thruſt in into every place that is empty, and ſo ſprinkled over all the Table: and that is the beſt method for the extraordinary great Feaſts of Princes.

Princes. But in case it be for much more humble men, then lesser care and fewer dishes may discharge it: Yet before I proceed to that lower rate, you shall understand, that in these great Feasts of Princes, though I have mentioned nothing but Flesh, yet is not Fish to be exempted; for it is a beauty and an honour unto every Feast, and is to be placed amongst all the severall services, as thus; amongst your Sallets, all sorts of soused-fish that lives in the fresh water; amongst your Fricases all manner of fryed fish; amongst your boyld meats, all fish in broths; amongst your roft meats, all fish served hot, but dry; amongst the bak'd meats, sea-fish that is souc'd, as Sturgion, and the like; and amongst your Carbonados fish that is broyld. As for your second Course, to it belongeth all manner of shell-fish, either in the shell, or without; the hot to goe up with the hot meat, and the cold with the cold.

And thus shall the Feast be Royall, and the Service Worthy.

Now for a more humble Feast, or an ordinary proportion which any good man may keep in his Family, for the entertainment of his true and worthy friends, it must hold limitation with his provision, and the season of the year; For Summer affords what Winter wants, and Winter is Master of that, which Summer can but with difficulty have: it is good then for him that intends to Feast, to set down the full number of his full dishes, that is, dishes of meat that are of substance, and not empty, or for shew; and of these sixteen is a good proportion for one course unto one messe, as thus, for example; First, a shield of Brawn with mustard, Secondly, a boyld Capon, Thirdly, a boyld piece of Beef, Fourthly, a chine of Beef rosted, Fifthly, a Neats tongue rosted, Sixthly, a Pigge rosted, Seventhly, Chewets bak'd, Eighthly, a Goose rosted, Ninthly, a Swan rosted, Tenthly, a Turkey rosted, the Eleventh, a haunch of Venison rosted, the Twelfth, a Pasty of Venison, the Thirteenth, a Kid with a pudding in the belly, the Fourteenth, an Olive-pye, the Fifteenth, a couple of Capons, the Sixteenth, a Custard or Dousets. Now to these full dishes may be added Sallets, Fricases, Quelquechoses, and de-

deviſed paſte, as many diſhes more which make the full ſervice no leſs then two and thirty diſhes, which is as much as can conveniently ſtand on one Table, and in one meſs; and after this manner you may proportion both your ſecond and third courſe, holding fulneſs in one half of the diſhes, and ſhew in the other, which will be both frugall in the ſpender, contentment to the gueſt, and much pleaſure and delight to the beholders. And thus much touching the ordering of great feaſts, and ordinary contentments.

CHAP. III.

Of Diſtillations, and their vertues, and of Perfuming.

WHen your Engliſh Houſe wife is exact in theſe Rules before rehearſed, and that ſhe is able to adorn and beautifie her Table, with all the vertuous illuſtrations meet for her knowledge, ſhe ſhall then ſort her mend to the underſtanding of other Houſewifely ſecrets, right profitable and meet for her uſe, ſuch as the want thereof may trouble her when need or time requires.

Therefore firſt I would have her furniſh her ſelf of very good Stills, for the Diſtillation of all kinds of Water, which ſtills would either be of Tin, or ſweet Earth, and in them ſhe ſhall diſtill all ſorts of Waters meet for the health of her Houſhold, as Sage water, which is good for all Rhumes, and Collicks; Raddiſh water, which is good for the ſtone; Angelica water good againſt infection: Celadine water for ſore eyes: Vine water for itchings; Roſe water, and Eye bright water for dimme ſights; Roſemary water for Fiſtulaes: Treacle water for mouth Cankers; Water of Gloves for the pain in the Stomack: Saxifrage water for Gravell and hard Urine; Allom water for old Ulcers, and a world of others, any of which will laſt a full year at the leaſt. Then ſhe ſhall know that the beſt waters for the ſmoothing of the skinne, and keeping the face delicate and amiable, are thoſe which are diſtilled from Beanflowrs, from Strawburies, from Vine leaves, from Goates-milk, from Aſſes milke, from the whites of Egges, from the Bowrs

Of the nature of waters.

flowres of Lillies, from Dragons, from Calves feet, from bran, or from yolks of Eggs, any of which will laft a year or better.

Additions to diſtillations.

To diſtil water of the colour of the hearb or flowre you deſire.

First diſtil your water in a ſtillatory, then put it in a glaſſe of great ſtrength, and fill it with thoſe flowrs again (whoſe colour you deſire) as full as you can, and ſtop it, and ſet it in the ſtillatory again, and let it diſtil, and you ſhall have the colour you diſtil.

To make Aquavitæ.

Take of Roſemary flowres two handfulls, of Marjoram, Winter ſavory, Roſemary, Rue, unſet Time, Germander, Ribwort, Harts tongue, Mounſeare, white Worm wood, Bugloſſe, Red Sage, Liver wort, Hoar hound, fine Lavender, Iſſop-crops, Penny-royal, Red fennel, of each of theſe one handfull; of Elicampane roots, clean pared and ſliced, two handfulls: Then take all theſe aforeſaid and ſhred them, but not waſh them, then take four gallons and more of ſtrong Ale, and one gallon of Sack lees, and put all theſe aforeſaid herbes ſhred into it, and then put into it one pound of Lycoras bruiſed, half a pound of Anniſeeds clean ſifted and bruiſed, and of Mace and Nutmegs bruiſed of each one ounce: then put all together into your ſtilling pot, cloſe covered with Rye paſte, and make a ſoft fire under your pot, and as the head of the Limbecke heateth, draw out your hot water and put in cold, keeping the head of your Limbeck ſtill with cold water, but ſee that your fire be not too raſh at the firſt, but let your water come at leiſure; and take heed unto your ſtilling, that your water change not white: for it is not ſo ſtrong as the firſt dranght is; and when the water is diſtilled, take a gallon glaſſe with a wide mouth, and put therein a pottle of the beſt water and cleereſt, and put into it a pottle of *Roſa ſolis*, and halfe a pound of Dates bruiſed, and one ounce of graines, and halfe a pound of Suger, halfe a pound of ſeed pearl beaten, three leaves of fine Gold, ſtirre all theſe together well, then ſtop your glaſſe, and ſet it in the Sunne the ſpace of one or two months, and then clarifie it, and uſe it at your diſcretion: for a ſpoonfull or two at a time is ſufficient, and the vertues are infinite.

Another Excellent Aquavitæ.

Fill a pot with red Wine clean and ſtrong, and put therein the

the powders of Cammomile, Gilly flowrs, Ginger Pellitory, Nutmegge, Gallengal, Spicknard, Quenebus, Grains of pure long pepper, black pepper, Cummine, Fennel ſeed, Smallage, Parſley, Sage, Rue, Mint, Calamint, and Horſhow of each of them alike quantity, and beware they differ not the weight of a dramme under or above: then put all the powders above ſaid into the wine, and after put them into the diſtilling pot, and diſtil it with a ſoft fire, and look that it be well luted about with Rye paſte, ſo that no fume or breath goe forth, and looke, that the fire be temperate: alſo receive the water out of the Lymbeck into a glaſſe Vial. This water is called the water of Life, and it may be likened to Balme for it hath all the vertues and properties which Balme hath. This water is cleere, and lighter than Roſe water, for it will fleet above all liquors, for if oyle bee put above this water, it ſinketh to the bottome. This water keepeth Fleſh, and Fiſh, both Raw, and Sodden, in his own kind and ſtate, it is good againſt Aches in the Bones, the Pox, and ſuch like: neither can any thing kept in this water either rot or putrifie; it doth draw out the ſweetneſſe, ſavour, and vertues of all manner of ſpices, roots and herbs that are wet or layd therein: it gives ſweetneſſe to all manner of water that is mixt with it, it is good for all manner of cold ſickneſſes, and namely for the Palſie or trembling joynts, and ſtretching of the ſinewe; it is good againſt the cold gout, and it maketh an old man ſeeme young, uſing to drink it faſting, and laſtly it fretteth away dead fleſh in wounds, and killeth the Canker.

To make Aqua compoſita.

Take Roſemary, Time, Iſſop, Sage, Fennel, Nip, rootes of Elicampane, of each an handfull, of Marjoram and Penny-Royal of each half a handfull, eight ſlips of red Mint, halfe a pound of Lycoras, half a pound of Anniſeeds, and two Gallons of the beſt Ale that can be brewed, waſh all theſe herbs clean, and put into the Ale, Lycoras, Anniſeeds, and herbs into a clean braſs pot, and ſet your Limbeck thereon, and paſte it round about that no ayr come out, then diſtil the water with a gentle fire, and keep the Limbeck coole above, not ſuffering it to runne too faſt; and take heed when your water changeth

changeth colour, to put another glaſs under, and keep the firſt water for it is moſt precious, and the latter water keep by it ſelfe and put it into your next pot; and that ſhall make it much better.

A very Principal Aqua-compoſita.

Take of Balm, of Roſemary flowres, tops and all, of dryed Red Roſe leaves, of Penny-royal, of each of theſe a handfull, one roote of Elicampane, the whiteſt that can be got, three quarters of a pound of Lycoras, two ounces of Cinamon, two Drammes of great Mace, two Dramms of Gallengal, three dramms of Coriander ſeeds, three drammes of Carraway ſeeds, two or three Nutmegs cut in four quarters, an ounce of Anniſeeds, a handfull of borrage you muſt chuſe a fair Sunny day to gather the herbs in; you muſt not waſh them, but cut them in ſunder, and not too ſmall; then lay all your herbs in ſouſe all night and a day, with the ſpices groſly beaten or bruiſed; and then diſtill it in order aforeſaid: this was made for a learned Phyſitians own drinking.

To make the Emperial water.

Take a gallon of Gaſcoine Wine, Ginger, Gallengall, Nutmegs, Grains, Cloves, Anniſeeds, Fennel ſeeds, Carraway ſeeds, of each one dramme, then take Sage, Mint, Red roſes, Time, Pellitory, Roſemary, Wild-time, Camomil and Lavender, of each a handfull, then bray the ſpices ſmall, and the herbs alſo, and put all together into the Wine, and let it ſtand ſo twelve hours; ſtirring it ſo divers times, then diſtil it with a Limbeck, and keep the firſt water, for it is the beſt: of a Gallon of Wine you muſt not take above a quart of Water: this Water comforteth the Vital ſpirits, and helpeth the inward diſeaſes that come of cold; as the palſie, the contraction of ſinews; alſo it killeth wormes, and comforteth the ſtomack, it cureth the cold Dropſie, helpeth the ſtone, the ſtinking breath, and maketh one ſeeme young.

To make Cinamon water.

Take a pottle of the beſt Sack, and halfe a pint of Roſe-water, a quarter and halfe pound of good Cinamon well bruiſed but not ſmall beaten, diſtill all theſe together in a Glaſſe-ſtill, but you muſt carefully look to it, that it boyl not over haſtily, and attend it with cold wet cloaths to cool the top of the ſtill if the water ſhould offer to boyle too haſtily: This water is very Soveraign to the ſtomack, the head, and all the inward

inward parts, it helps digestion, and comforteth the vitall spirits.

1. Take Fennell, Rue, Vervine, Endive, Bettony, Germander, Red-rose, Capillus Veneris, of each an ounce; stamp them, and keep them with white Wine a day and a night, and distill water of them, which water will divide in three parts: the first water you shall put in a glasse by it self, for it is more precious than gold, the second as silver, and the third as balm, and keep these three parts in glasses: this water you shall give the Rich for gold, to meaner for silver, to Poor men for balm. This water keepeth the sight in clearnesse, and purgeth all grosse humors.

Six most precious waters, which *Hippocrates* made & sent to a queen sometimes living in *England*.

2. Take Salgemma a pound, and lap it in a green dockleaf, and lay it in the fire till it be well rosted and wax white, then put it in a glasse against the air a night, and on the morrow it shall be turned to a white water like unto Chrystall, keep this water well in a glasse, and put a drop into the eye, and it shall cleanse and sharp the sight: It is good for any evill at the heart, for the Morphew, and the Canker in the mouth, and for divers other evils in the body.

3. Take the roots of Fennell, Parsly, Endive, Bettony, of each an ounce, and first wash them well in luke-warm water, and bray them well with white Wine a day and a night, and then distill them into water: This water is more worthy than Balme; it preserveth the sight much, and cleanseth it of all filth, it restraineth teares, and comforteth the head, and avoideth the water that commeth through the pain of the head.

4. Take the seeds of Parsley, Achannes, Vervine, Carawayes, and Centaury, of each ten drams, beat all these together, and put it in warm water a day and a night, and put it in a vessell to distill: This water is a precious water for all sore eyes, and very good for the health of Mans or Womans body.

5. Take Limmell of Gold, Silver, Lattin, Copper, Iron, Steele, and Lead: and take Lethargy of Gold and Silver, take Calamint, and Columbine, and steep all together, the first day in the Urine of a man-child, that is between a day and a

night; the second day in white Wine; the third day in the juyce of Fennel; the fourth day in the white of Egges; the fifth day in womans milke that nourseth a man-child; the sixth day in red Wine; the seventh day in the whites of Egges; and upon the eighth day bind all these together, and distill the water of them, and keep this water in a vessell of Gold or Silver: The vertues of this water are these: First, It expelleth all Rhumes, and doth away all manner of sicknesse from the eyes, and wears away the pearl, pin and web: it draweth again into his own kind the eye-lids that have been bleared, it easeth the ache of the head, and if a man drink it, it maketh him look young, even in old age; besides a world of other most excellent vertues.

6. Take the Goldsmiths-stone, and put it into the fire, till it be red hot, and quench it in a pint of white Wine, and do so nine times, and after grind it, and beat it small, and cleanse it as clean as you may, and after set it in the Sun with water of Fennell distilled, and Vervine, Roses, Celladine, and Rue, and a little Aquavitæ; and when you have sprinkled it in the water nine times, put it then in a vessell of glasse, and yet upon a reversion of the water distill it, till it passe over the touch four or five inches; and when you will use it, then stirre it all together, and then take up a drop with a feather, and put it on your nail, and if it abide, it is fine and good: then put it in the eye that runneth, or annoint the head with it if it ake, and Temples, and, believe it, that of all waters this is the most precious, and helpeth the sight, or any pain in the head.

The vertues of severall waters.

The water of Chervile is good for a sore mouth.

The water of Calamint is good for the stomack.

The water of Plantain is good for the fluxe, and the hot dropsie.

Water of Fennell is good to make a fat body small, and also for the eyes.

Water of Violets is good for a man that is sore within his body, and for the reins, and for the liver.

Water of Endive is good for the Dropsie, and for the Jaundise and the stomack.

Water

Water of Borage is good for the ſtomack, and for the Illiaca paſſio, and many other ſickneſſes in the body.

Water of both Sages is good for the Palſie.

Water of Bettony is good for old age, and all inward ſicknesſes.

Water of Radiſh, drunk twice a day, at each time an ounce, or an ounce and a half, doth multiply and provoke Luſt, and alſo provoketh the terms in women.

Roſemary water, (the face waſhed therein both morning and night) cauſeth a fair and clear countenance; alſo the head waſhed therewith, and let dry of it ſelf, preſerveth the falling of the haire, and cauſeth more to grow: alſo two ounces of the ſame drunk, driveth Venome out of the body in the ſame ſort as Mithridate doth; the ſame twice or thrice drunk, at each time half an ounce, rectifieth the mother, and it cauſeth women to be fruitfull. When one maketh a bath of this decoction, it is called the bath of Life; the ſame drunk, comforteth the heart, the brain, and the whole body, and cleanſeth away the ſpots of the face, it maketh a woman look young, and cauſeth women to conceive quickly, and hath all the vertues of Balm.

Water of Rew, drunk in a morning four or five dayes together, at each time an ounce, puriſieth the flowers in women: the ſame water drunk in the morning faſting, is good againſt the griping of the bowels, and drunk at morning, and at night, at each time an ounce, it provoketh the termes in women.

The water of Sorrell drunk, is good for all burning and peſtilent Feavers, and all other hot ſickneſſes: being mixt with Beere, Ale, or Wine, it ſlaketh the thirſt: it is alſo good for the Yellow Jaundiſe, being taken ſix or eight dayes together: it alſo expelleth from the Liver, if it be drunk, and a cloath wet in the ſame, and a little wrung out, and ſo applied to the right ſide over againſt the Liver, and when it is dry, then wet another, and apply it; and thus do three or four times together.

Laſtly, the water of Angelica is good for the head, for inward infection, either of plague or peſtilence, it is very ſo-

veraign for ſore breaſts; alſo the ſame water being drunk of, twelve or thirteen daies together, is good to unlade the ſtomack of groſſe humours and ſuperfluities, and it ſtrengthneth and comforteth all the univerſall parts of the body: and laſtly, it is a moſt ſoveraign medicine for the Gout, by bathing the diſeaſed members much therein.

Now to conclude and knit up this Chapter, it is meet that our Houſwife know that from the eighth of the Kalends of the Month of *April*, unto the eighth of the Kalends of *July*, all manner of herbs and leaves are in that time moſt in ſtrength, and of the greateſt vertue to be uſed and put in all manner of Medicines; alſo from the eighth of the Kalends of *July*, unto the eighth of the Kalends of *October*, the ſtalkes, ſtems, and hard branches of every herb and plant is moſt in ſtrength to be uſed in Medicines; and from the eighth of the Kalends of *October*, unto the eighth of the Kalends of *April*, all manner of roots of herbs and plants are the moſt of ſtrength and virtue to be uſed in all manner of Medicines.

An excellent water for perfume.

To make an excellent ſweet water for perfume, you ſhall take of Baſill, Mints, Marjerome, Corn-flagge-roots, Iſſop, Savory, Sage, Balme, Lavender and Roſemary, of each one handfull; of Cloves, Cinamon, and Nutmegs, of each half an ounce; then three or four Pomcitrons cut into ſlices, infuſe all theſe into Damask-Roſe-water, the ſpace of three daies, and then diſtill it with a gentle fire of Char-coal, then when you have put it into a very clean glaſſe, take of fat Muſk, Civet, and Amber-greece, of each the quantity of a ſcruple, and put it into a ragge of fine Lawn, and then hang it within the water. This being burnt either upon a hot pan, or elſe boyled in perfuming-pans with Cloves, Bay-leaves, and Lemon-pills, will make the moſt delicateſt perfume that may be, without any offence, and will laſt the longeſt of all other ſweet perfumes, as hath been found by experience.

To perfume Gloves.

To perfume Gloves excellently, take the oyle of ſweet Almonds, oyle of Nutmegs, oyl of Benjamin, of each a dram, of Amber-greece, one grain, fat Muſk two graines; mixe them all together, and grind them upon a Painters ſtone, and then annoint the Gloves therewith, yet before you annoint them

them, let them be dampiſhly moiſtned with Dammask Roſe-water.

To perfume a Jerkin well, take the oyl of Benjamin a penny-worth, oyl of ſpike and oyl of olives, half penny worths of each, and take two ſpunges, and warme one of them againſt the fire and rub your jerkin therewith, and when the oyl is dryed take the other ſpunge and dip it in the oyl, and rub your jerkin therewith till it be dry, then lay on the perfume before preſcribed for gloves. To perfume a jerkin.

To make very good waſhing balls, take Storax of both kinds, Benjamin, Calamus Aromaticus, Labdanum, of each alike; and bray them to powder with Cloves and Orris; then beate them all with a ſufficient quantity of Sope till it be ſtiffe, then with your hand you ſhal work it like paſte, and make round balls thereof. To make Waſhing-balls.

To make Musk balls, take Nutmegges, Mace, Cloves, Saffron, and Cinamon, of each the weight of two pence, and beat it to fine powder, of Maſtick the weight of two pence half penny, of Storax the weight of ſix pence, of Labdanum the weight of ten pence; of Ambergreece the weight of ſixpence; and of Musk four graines, diſſolve and work all theſe in hard ſweet ſope till it come to a ſtiff paſte, and then make balls thereof. To make a Musk-ball.

To make a good perfume to burn, take Benjamin one ounce, Storax, Calamint two ounces, of Maſticks white, Ambergreece, of each one ounce; Ireos, Calamus, Aromaticus, Cypreſſe wood, of each half an ounce, of Camphire one ſcruple, Labdanum one ounce; beat all theſe to powder, then take of Sallow Charcole ſixe ounces, of liquid Storax two ounces, beat them all with Aquavitæ, and then you ſhall rowl them into long round rowls. A perfume to burn.

To make Pomanders, take two penny worth of Labdanum, two penny worth of Storax liquid, one penny worth of Calamus Aromaticus, as much Balm, half a quarter of a pound of fine wax, of Cloves and Mace two penny worth, of liquid Aloes three penny worth, of Nutmegs eight penny worth, and of Musk four grains; beat all theſe exceedingly together till they come to a perfect ſubſtance, then mould it in any faſhion you pleaſe, and dry it. To make Pomanders.

To make Vineger.

To make excellent ſtrong Vineger, you ſhall brew the ſtrongeſt Ale that may be, and having tunned it in a very ſtrong veſſel, you ſhall ſet it either in your Garden or ſome other ſafe place abroad, where it may have the whole Summers day Sun to ſhine upon it and there let it lye till it be extream ſowre; then, into a Hogſhead of this Vineger put the leaves of four or five hundred Damask roſes, and after they have layen for the ſpace of a month therein, houſe the vineger and draw it as you need it.

To make dry vinegar.

To make dry vineger which you may carry in your pocket, you ſhall take the blacks of green Corn either Wheat or Rye, and beat it in a morter with the ſtrongeſt vineger you can get, till it come to paſt, then roul it into little balls, and dry it in the Sun till it be very hard, then when you have occaſion to uſe it cut a little piece thereof and diſſolve it in Wine, and it will make a ſtrong Vineger.

To make verjuyce.

To make Verjuyce, you ſhall gather your Crabs as ſoon as the Kernels turn black, and having laid them a while in a heape to ſweat together, take them and pick them from the ſtalks, blacks, and rottenneſs: then in long troughs with beetles for the purpoſe, cruſh and break them all to maſh; then make a bagge of coorſe hair-cloath as ſquare as the preſs, and fill it with the cruſht Crabs, then put it into the preſs, and preſſe it, while any moyſture will drop forth, having a clean veſſel underneath to receive the liquor; this done, tun it up in ſweet Hogſheads, and to every Hogſhead put half a dozen handfuls of Dammask roſe leaves, and then bung it up, and ſpend it as you ſhall have occaſion.

Additions to conceited ſecrets.

Many other pretty ſecrets there are belonging unto curious *Houſ-wifes*: but none more neceſſary than theſe already rehearſed, except ſuch as ſhall hereafter follow in their proper places.

To make ſweet powder for bagges.

Take of Orris ſix ounces, of Damask Roſe leaves as much, of Marjerom and ſweet Baſil of each an ounce, of Cloves two ounces, yellow Sanders two ounces, of Citron pils ſeven drams, of Lignum aloes one ounce, of Benjamin one ounce, of Storax one ounce, of Muſk one dram; bruiſe all theſe, and put them into a bag of ſilk or linnen, but ſilk is the beſt.

Take of Orris four ounces, of Gallaminis one ounce, of Ciris half an ounce, of Roſe leaves dryed two handfuls, of dryed Marjerom

joram one handful, of Spike one handful, Cloves one ounce, Benjamin and Rax of each two ounces, of white Sanders, and yellow of each one ounce, beat all theſe into a groſſe powder, then put to it of Muske a dram, of civet halfe a dram, & of Ambergreece half a dram; then put them into a taffety bag and uſe it. To make ſweet bagges.

Take of Bay-leaves one handfull, of red Roſes two handfuls, of Damask roſes three handfuls, of Lavender four handfuls, of Baſil one handfull, Marjerom two handfuls, of Camomile one handful, of the young tops of ſweet Bryer two handfuls, of Dandelian Tanſey two handfuls, of Orenge peeles ſix or ſeven ounces, of cloves & mace a groats worth: put all theſe together in a pottle of new Ale in cornes, for the ſpace of three dayes, ſhaking it every day three or four times; then diſtil it the fourth day in a Stil with a continual ſoft fire, and after it is diſtilled, put into it a grain or two of musk. How to make ſweet water.

Take a quart of *Malmſey Lees*, or a quart of *Malmſey* ſimply, one handfull of Marjoram, of Baſil as much, of Lavender foure handfulls, Bay leaves one good handfull, Dammask Roſe leaves four handfulls, and as many of Red, the peels of ſixe Orenges, or for want of them one handfull of the tender leaves of Wall-Nut-trees, of Benjamin half an ounce, of Calamus Aromaticus as much, of Camphire four drams, of Cloves one ounce, of Bildamum half an ounce; then take a pottle of running water, and put in all theſe ſpices bruiſed into your water and *malmſey* together, in a cloſe ſtopped pot with a good handfull of Roſemary, and let them ſtand for the ſpace of ſix dayes: then diſtil it with a ſoft Fire: then ſet it in the Sun ſixteen dayes with four grains of musk bruiſed. This quantity will make three quarts of water, *Probatum eſt.* A very Rare and pleaſant Dammask-water.

Take and brew very ſtrong Ale, then take half a dozen Gallons of the firſt running, and ſet it abroad to cool, and when it is cold put yeeſt into it, and head it very ſtrongly; then put it up in a firkin, and diſtil it in the Sun, then take four or five handfull of beans, and parch them in a pan till they burſt: then put them in as hot as you can into the Firkin, and ſtop it with a little clay about the bung hole; then take a handfull of clean Rye-Leaven and put in the Firkin; then take a quantity of barberies, and bruiſe and ſtrain them into the Firkin, and a To make the beſt vineger.

good handfull of Salt, and let them lye and work in the Sun from *May* till *Auguſt*: then having their full ſtrength, take Roſe leaves and clip the white ends off, and let them dry in the Sun, then take Elder flowres, and pick them and dry them in the Sun, and when they are dry put them in bags, and keep them all the Winter: then take a pottle pot and draw forth a pottle out of the ferkin into the pottle, and put a handfull of the red Roſe-leaves, and another of the Elder flowres into the pottle, and then hang it in the Sun, where you may occupy the ſame, and when it is empty, take out all the leaves and fill it again as you did before.

To perfume Gloves. Take Angelico water, and Roſe water, and put into them the powder of Cloves, Amber greece, Muſk, & Lignum Aloes, Benjamin and Calamus aromaticus: boyl theſe till half be conſumed: then ſtrain it and put your Gloves therein; then hang them in the Sun to dry, and turn them often: and thus three times, wet them and dry them again: or otherwiſe, take Roſe water and wet your Gloves therein, then hang them up till they be almoſt dry; then take half an ounce of Benjamin and grind it with the oyle of Almonds, and rub it on the Gloves till it be almoſt dryed in: then take twenty grains of Amber greece, and twenty grains of Muſk, and grind them together with oyl of Almonds, and ſo rub it on the Gloves, and then hang them up to dry, or let them dry in your boſome, and ſo after uſe them at your pleaſure.

CHAP. IV.

The ordering, preſerving, and helping of all ſorts of Wines: and firſt of the choyce of ſweet Wines.

I Do not aſſume to my ſelf this Knowledge of the Vintners ſecrets, but I ingenuouſly confeſſe, that one profeſt skilfull in the Trade, having rudely written, and more rudely diſcloſed this ſecret, and preferring it to the Stationer, it came to me to be publiſhed, which I have done, knowing that it is neceſſary, &c.

It is neceſſary that our Engliſh Houſwife be skilful in the election, preſerving, and curing of all ſorts of Wines, becauſe they be uſual charges under her hands, and by the leaſt neg-

neglect muſt turn the Husband to much loſſe: therefore to ſpeak firſt of the election of ſweet Wines, ſhe muſt be carefull that her Malmſeys be full Wines, pleaſant, well hewed and fine: that *Baſtard* be fat, and if it be tawny it skils not; for the tawney *Baſtards* be alwayes the ſweeteſt. Muskadine muſt be great, pleaſant and ſtrong with a ſweet ſent, and with Amber colour. Sack if it be Seres (as it ſhould be) you ſhall know it by the mark of a cork burned on one ſide of the bung, and they be ever full gage, and ſo are no other Sacks, and the longer they lye, the better they be.

To make Muſkadine, and give it a flaver

Take a pleaſant But of Malmſey, and draw it out a quarter and more; then fill it up with fat *Baſtard* within eight gallons or thereabouts, and parel it with ſix Eggs, yolks and all, one handfull of bay ſalt, and a pint of conduit water to every parel, and if the Wine be of high colour, put in three gallons of new milk, but skimme off the cream firſt, and beat it well: or otherwiſe, if you have a good But of *Malmſey*, and a good Pipe of *Baſtard*, you muſt take ſome empty But or Pipe, and draw thirty gallons of *Malmſey*, and as many of *Baſtard*, and beat them all well together; and when you have ſo done, take a quarter of a pound of Ginger, and bruiſe it and put it into your veſſel, then fill it up with *Malmſey* and *Baſtard*: Or otherwiſe thus, if you have a pleaſant But of *Malmſey* which is called Ralt mow, you may draw out of it forty Gallons; and if your *Baſtard* be very faint, then thirty Gallons of it will ſerve to make it pleaſant: then take four gallons of new milk, and beat it, and put it into it when it lacketh of twelve gallons of full, and then make your flaver.

How to flaver Muskadine.

Take an ounce of Corianders, of bay Salt, of Cloves, of each as much, one handfull of Savory: let all theſe be blended, and bruiſed together, and ſow them cloſe in a bagge, and take halfe a pint of Dammask water, and lay your flaver into it, and then put it into your But, and if it fine give it a parrel, and then fill it up, and let it lye till it fine: or elſe thus, take Coriander Rootes a penney-worth, one pound of Anniſeeds, one penney-worth in Ginger, bruiſe them together, and put them into a bagge as before, and make your bagge long and ſmall, that it go in and out

out at the bung-hole, and when you do put it in, faſten it with a thread at the bung; then take a pint of the ſtrongeſt Dammask water, and warme it luke warme, then put it into the Butt, and then ſtoppe it cloſe for two or three dayes at leaſt; and then, if you pleaſe, you may ſet it abroach.

To apparel Muskadine when it comes new to be find in twenty four hours.

Take ſeven whites of new laid Eggs, two handfulls of Bay-ſalt, and beat them well together, and put therein a pint of Sack or more, and beat them till they be as ſhort as Snow; then over-draw the But ſeven or eight Gallons, and beat the Wine, and ſtirre the Lees, and then put in the parel, and beat it, and ſo fill it up, and ſtop it cloſe; and draw it on the morrow.

To make white baſtard.

Draw out of a Pipe of *Baſtard* ten Gallons, and put to it five Gallons of new milk, and skimme it as before, and all to beat it with the parel of eight whites of Eggs, and a handfull of Bay ſalt, and a pint of Conduit water, and it will be white and fine in the morning. But if you will make very fine *Baſtard*, take a White wine Hogges-head, and put out the Lees, and waſh it clean, and fill it half full, and half a quarter, and put it to four Gallons of new milk, and beat it well with the whites of ſixe Eggs, and fil it up with White wine and Sack, and it will be white and fine.

How to help Baſtard being eager.

Take two Gallons of the beſt *ſtone l Honey*, and two Gallons of White wine, and boyl them in a fair panne, skimme it clean, and ſtrain it through a fair cloath that there be no motes in it: then put to it one ounce of *Corianders*, and one ounce of *Aniſeeds*, four or five *Orange-peeles* dry and beaten to powder: let them lye three dayes: then draw your *Baſtard* into a clean Pipe, then put in your honey with the reſt, and beat it well: then let it lye a week, and touch it not, after draw it at your pleaſure.

To make baſtard white, and to rid away Laggs.

If your *Baſtard* be fat and good, draw out forty Gallons, then you may fill it up with the Lagges of any kind of white wines or Sacks; then take five Gallons of new milke, and firſt take away the Cream, then ſtrain it through a clean cloth, and when your Pipe is three quarters full, put in your milk; then beat it very well, and fill it ſo, that it may lack fifteen Gallons, then aparel

aparel it thus : take the whites onely of ten Egges, and beat them in a fair tray with *Bay ſalt* and *Conduit water* ; then put it into the pipe and beat it well, and ſo fill it up, and let it ſtand open all night ; and if you will keep it any while, you muſt on the morrow ſtop it cloſe, and to make the ſame drink like *Oſſey*, give it this flaver : take a pound of *Anniſeeds*, two pence in *Corianders*, two pence in *Ginger*, two pence in *Cloves*, two pence in *Grains*, two pence in long *Pepper*, and two pence in *Lycoras* ; bruiſe all theſe together : then make two bagges of linnen cloth, long and ſmall, and put your ſpices into them, and put them into the pipe at the bung, making them faſt there with a thread, that it may ſink into the Wine, then ſtop it cloſe, and in two dayes you may broach it.

A remedy for baſtard if it prick.

Take and draw him from his Lees, if he have any, and put the Wine into a *Malmſey But* to the Lees of *Malmſey*, then put to the *Baſtard* that is in the *Malmſey But*, nigh three Gallons of the beſt *Wort* of a freſh tap, and then fill him up with *Baſtard* or *Malmſey*, or *Cute*, if you will ; then aparel it thus : Firſt, *Parel him, and beat him with a ſtaff, and then take the whites of four new laid Eggs, and beat them with a handfull of ſalt till it be as ſhort as Moſſe, and then put a pint of running water therein, and ſo fill the Pipe up full, and lay a little ſtone on the bung, and ſet it abroach within four and twenty houres, if you will.*

If you have a good But of *Malmſey*, and a But or two of *Sack* that will not be drunk : for the *Sack* prepare ſome empty But or Pipe, and draw it more than half full of Sack : then fill it up with *Malmſey*, and when your But is full within a little, put into it three Gallons of *Spaniſh Cute*, the beſt that you can get ; then beat it well, then take your Taſter, and ſee that it be deep coloured ; then fill it up with Sack, and give it aparel, and beat it well ; The aparel is this : Take the yolkes of ten Egges, and beat them in a clean baſon with a handfull of *Bay-ſalt*, and a quart of *Conduit water*, and beat them together with a little piece of *Birch*, and beat it till it be as ſhort as *Moſſe*, then draw five or ſix gallons out of your But ; then beat it again, and then fill it up, and the next day it will be ready

to

to be drawn: this aparrel wil ſerve both for *Muſcadine*, *Baſtard*, and for *Sack*.

To ſhift malmſey, and to rid away ill wines

If you have two principal Buts of *Malmſey*, you may make three good Buts with your Lagges of Claret and Sack, if you put two gallons of red Wine in a But, it will ſave the more *Cute*: then put two or three gallons of *Cute*, as you ſee cauſe; and if it be *Spaniſh Cute*, two gallons will go further than five gallons of *candy Cute*, but the *candy Cute* is more naturall for the *Malmſey*: alſo one But of good *Malmſey*, and a But of Sack that hath loſt his colour, will make two good Buts of *Malmſey*, with the more *Cute*; and when you have fil'd your buts within twelve gallons, then put in your *Cute*, and beat it halfe an hour and more: then put in your parel and let it lye.

If Sack want his colour.

Firſt, parel him as you did the *Baſtard*, and order him as ſhall be ſhewed you for the *white Wine* of *Gaſcoign* with *milke*, and ſo ſet him abroach.

For Sack that is tawny.

If your *Sack* have a ſtrong Lee or taſte, take a good ſweet But, fair waſhed, and draw your *Sack* into it, and make unto it a parel, as you do to the *Baſtard*, and beat it very well, and ſo ſtop up your But: and if it be tawny, take three gallons of new *milk*, and ſtrain it clean, and put it into your *Sack*, then beat it very well, and ſtop it cloſe.

For Sack that doth rape and is brown.

Take a fair empty But with the Lees in it, and draw your *Sack* into the ſame from his Lees fine: then take a pound of *Rice flowre*, as fine as you can get, and four graines of *Camphire*, and put it into the *Sacke*; and if it will not fine, give it a good parel, and beat it well: then ſtop it, and let it lye.

To colour ſack or any white wine.

If any of your *Sacks* or *white Wines* have loſt their colour, take three gallons of *new milke*, and take away the Creame: then over-draw your Wine five or ſix gallons, then put in your *milke* and beat it; then lay it a fore-taree all night, and in the morning lay it up, and the next day (if you will) you may ſet it abroach.

If Alligant be grown hard.

Draw him out in freſh Lee, and take three or four Gallons of *ſtone-honey* clarified, and being coole, put it in, and parel it with the yolkes of foure Egges, whites and all, and beat it well,

well, and fill it up, and ſtop it cloſe, and it will be pleaſant and quick as long as it is in drawing.

Take three Gallons of white Honey, and two Gallons of Red Wine, boyle them together in a faire pan, and skim it cleane, and let it ſtand till it be fine and cold, then put it into your Pipe, yet nothing but the fineſt; then beat it well, and fill it up, and ſtop it cloſe, and if your Alligant be pleaſant and great, it will doe much good, for that one Pipe will rid away divers. For Alligant that is ſour.

There are two ſorts of Rheniſh wines, that is to ſay, *Elſtertune* and *Barabant*: the *Elſtertune* are the beſt, you ſhall know it by the Fat, for it is double bard, and double pinned; the *Barabin* is nothing ſo good, and there is not ſo much good to be done with them as with the other. If the wines be good and pleaſant, a man may rid away a hogſhead or two of white Wine, and this is the moſt vantage a man can have by them: and if it be ſlender and hard, then take three or foure gallons of ſtone-honey, and clarifie it clean; then put into the honey, foure or five gallons of the ſame Wine, and then let it ſeeth a great while, and put into it two pence in Cloves bruiſed, let them ſeeth together, for it will take away the ſent of honey, and when it is ſodden take it off, and ſet it by, till it be thorow cold; then take four gallons of milk and order it as before, and then put all into your Wine, and all to beat it; and (if you can) role it, for that is the beſt way: then ſtop it cloſe, and let it lye, and that will make it pleaſant. How to order Rheniſh wines

The Wines that be made in *Bardeaux* are called *Gaſcoine* Wines, and you ſhall know them by their hazell hoope, and they muſt be full gage, and ſound Wines. Of what countryes wines are by their names.

The Wines of the high Countries, and which are called high Countrey Wines, are made ſome thirty or fourty miles beyond *Bardeaux*, and they come not down ſo ſoon as the other, for if they do, they are all forfeited; and you ſhall know them ever by their hazell hoops, and the length gage lacks.

Then have you Wines that be called *Galloway*, both in Pipes and Hogſheads, and be long, and lack two Gellerns in gage and a half, and the wines themſelves are high coloured. Then there are other Wines which are called white Wine of *Angulle*, very

very good Wine, and lacks little of gage, and that is alſo in pipes for the moſt part, and is quarter bound. Then there are *Rochell* wines, which are alſo in pipes long and ſlender: they are very ſmall hedge wines, ſharp in Taſte, and of a pallid complexion. Your beſt Sacks are of *Seres* in *Spain*, your ſmaller of *Galicia* and *Portugall*: your ſtrong Sacks are of the Iſlands of the *Canaries*, and of *Malligo*, and your Muskadine and Malmeſeys are of many parts of *Italy*, *Greece*, and ſome ſpeciall Iſlands.

Every Terſe is in depth the middle of the knot in the midſt.

The depth of every Hogſhead is the fourth prick above the knot.

The depth of every Puncheon is the fourth prick next to the puncheoner.

The depth of every Sack-but is the four pricks next to the puncheon.

Notes of gaging of wines, oyles, and liquors.

The depth of the half Hogſhead is at the loweſt notch, and accounted one.

The depth of the half Terſe is at the ſecond notch, and is accounted two.

The depth of the half Hogſhead and half Pipe, is at the third notch, and accounted three.

The depth of the halfe-But is at the fourth notch, and is accounted four.

I. *The*

1. *The first gage is marked thus.*

2. *The halfe Sestern lacketh thus.*

3. *The whole Sestern lacketh thus.*

4. *The Sestern and half lag.*

5. *The two Sesterns, thus.*

6. *The two and halfe Sesterns, thus.*

The contents of all manner of Gaſcoine Wine, and others.

A But of Malmſey, if he be full gage, is one hundred and twenty ſix gallons.

And ſo the Tun is two hundred and fifty two gallons. Every Seſtern is three gallons.

If you ſell for twelve pence a gallon, the Tun is twelve pound, twelve ſhillings.

And Malmſey and Rheniſh wine at ten pence the gallon, is the Tun ten pound.

Eight pence the gallon, is the Tun eight pounds.

Six pence the gallon, is the Tun ſix pounds.

Five pence the gallon, is the Tun five pounds.

Four pence the gallon, is the Tun four pounds.

Now for Gaſcoine Wine, there goeth foure Hogſheads to a Tun, and every Hogſhead is ſixty three gallons, the two hogſheads one hundred twenty ſix gallons; and four hogſheads are two hundred fifty two gallons; and if you ſell for eight pence the gallon, you ſhall make of the Tun eight pounds, and ſo forth: look how many pence the gallons are, and ſo many pounds the Tun is.

Now for baſtard, it is the ſame rate, but it lacketh of gage two Seſtems and a half, or three at a pipe, and then you muſt abate ſix gallons of the price, and ſo in all other wines.

To chuſe Gaſcoine wines.

See that in your choiſe of Gaſcoine wines, you obſerve, that your Claret wines be faire coloured, and bright as a Ruby, not deep as an Amethyſt; for though it may ſhew ſtrength, yet it wanteth neatneſſe: alſo let it be ſweet as a Roſe or a Violet, and in any caſe let it be ſhort, for if it be long, then in no caſe meddle with it.

For your white Wines, ſee they be ſweet and pleaſant at the Noſe, very ſhort, clear and bright, and quick in the Taſte.

Laſtly, for your Red Wine, provided that they be deep coloured, and pleaſant, long, and ſweet, and if in them or Claret wine be any default of colour, there are remedies enow to amend and repair them.

To remedy Claret wine that hath loſt his colour.

If your Claret wine be faint, and have loſt his colour; then take a freſh Hogſhead with his freſh Lees, which was very good wine, and draw your wine into the ſame; then ſtop

it

it close and right, and lay it a fore-take for two or three dayes, that the Lees may run through it; then lay it up till it be fine, and if the colour be not perfit, draw it into a Red Wine Hogshead, that is new drawn with the Lees, and that will colour of himselfe, and make him strong; or take a pound of Tournsoll or two, and beat it with a gallon or two of wine, and let it lye a day or two; then put it into your hogshead, draw your Wine againe, and wash your cloths; then lay it a fore-take all night, and roule it on the morrow; then lay it up, and it will have a perfit colour.

And if your Claret Wine have lost his colour, take a penny worth of Damsens, or else black bullesses, as you see cause; and stew them with some Red wine of the deepest colour, and make thereof a pound or more of sirrop, and put it into a clean glasse, and after into the hogshead of Claret wine; and the same you may likewise do unto red Wine if you please.

And if your white Wine be faint, and have lost his colour, if the wine have any strength in it, take to a hogshead so much as you intend to put in, out of the said milk, and a handfull of Rice beaten very well, and a little Salt; and lay him a fore-take all night, and on the morning lay him up againe, and set it abroach in any wise the next wine you spend, for it will not last long. A remedy for white wine that hath lost his colour.

Take three Gallons of new milk, and take away the Cream off it; then draw five or six gallons of wine, and put your milk into the hogshead, and beat it exceeding well, then fill it up, but before you fill it up, if you can roule it; and if it be long and small, take half a pound of Roch Allum finely beaten into powder, and put into the vessel, and let it lye. For white wine that hath lost his colour.

Take and draw it into new Lees of the owne nature, and then take a dozen of new pippins, and pare them, and take away the cores, and then put them in; and if that will not serve, take a handful of the Oake of Jerusalem, and stamp it, then put it into your Wine, and beat it exceeding well, and it will not only take away the foulnesse, but also make it have a good sent at the nose. A remedy for Claret that drinks foul.

If your red Wine drink faint, then take a hogshead that Allegant hath been in with the Lees also, and draw your Wine in-

to it, and that will refresh it well; and make the wine well coloured; or otherwise, draw it cleer to fresh lees, and that will recover it again, and put to it three or four gallons of Allegant, and turn it on his lees.

If your Red wine lack colour, then take out four gallons, and put in four gallons of Allegant, and turn him on his lees, and the bung up, and his colour will return and be fair.

Take a good But of Malmsey, and over-draw it a quarter or more, and fill him up with fat Bastard; and with Cute a gallon and more, then parrell him as you did your Malmsey.

If *Osey* compleat hath lost his colour.

You shall in all points dresse him, as you did dresse your Sack, or White Wine in the like case, and parrel him, and then set him abroach. And thus much touching Wines of all sorts, and the true use and ordering of them so far forth as belongeth to the knowledge and profit of our English Housewife.

CHAP. V.

Of Wool, Hempe, Flax, and Cloath, and dying of Colours, of each severall substance, with all the knowledges belonging thereto.

OUr English Hous-wife, after her knowledge of preserving and feeding her Family, must learn also how, out of her owne indeavours, she ought to cloath them outwardly and inwardly: outwardly for defence from the cold and comelinesse to the person; and inwardly, for cleanlinesse and neatnesse of the skin, whereby it may be kept from the filth of sweat or vermine; the first consisting of woollen cloth, the latter of linnen.

Of making woollen cloth.

To speak then first of the making of woollen cloth, it is the office of a Husbandman at the sheering of his sheep, to bestow upon the House-wife such a competent proportion of wool, as shall be convenient for the clothing of his Family, which Wool as soon as she hath received it, she shall open, and with a pair of sheeres, (the fleece lying as it were whole before her) she

she shall cut away all the coorse locks, pitch, brands, tard-locks, and other feltrings, and lay them by themselves for coorse Coverlids, or the like; then the rest so cleansed, she shall break into pieces; and toase it every lock by lock, that is, with her hands open, and so divide the wool, as not any part thereof may be feltred or close together, but all open and loose; then so much of the Wool as she intends to spin white, she shall put by it selfe, and the rest which she intends to put into colours, she shall waigh up, and divide into severall quantities, according to the proportion of the web which she intends to make, and put every one of them into particular bags, made of netting, with tallies, or little pieces of wood fixed unto them, with privy marks thereon, both for the weight, the colour, and the knowledge of the same wool, when the first colour is altered: this done, she shall if she please send them unto the Diers, to be died after her own fancy; yet forasmuch, as I would not have our English House-Wife ignorant in any thing meet for her knowledge, I will shew her here, before I proceed any further, how she shall dye her wool her selfe, into any colour meet for her use.

First, then to dye wool black, you shall take two pound of Galls, and bruise them, then take halfe so much of the best green Coperas, and boyl them both together in two gallons of running water: then shall you put your wool therein, and boyl it; so done, take it forth and dry it. To dye wool black.

If you will dye your wool of a bright haire colour: first boyl your wool in Allum and Water, then take it forth and when it is cold, take Chamber-lye, and Chimney-soot, and mixing them together well, boyle your wool again therein, and stirre it exceeding well about, then take it forth, and lay it where it may conveniently dry. To dye wool of a haire colour.

If you will dye your wool into a perfect Red colour, set on a pan full of water; when it is hot, put in a peck of wheat bran, and let it boyl a little, then put it into a Tub, and put twice as much cold water unto it, and let it stand untill it be a week old: having done so, then shall you put to ten pounds of wool, a pound of Allum; then heate your liquor again, and put in your Allum, and so soone as it is melted, put in your wool, To dye wool red.

and let it boyl the space of an houre; Then take it again, and then set on more bran and water.

Then take a pound of Madder, and put in your Madder when the Liquor is hot: when the Madder is broken, put in the wool and open it, and when it commeth to be very hot, then stir it with a staffe, and then take it out, and wash it with fair water; then set on the pan again with fair water, and then take a pound of Saradine buck, and put it therein; and let it boyl the space of an Egge seething; then put in the wool, and stirre it three or foure times about, and open it well, and after dry it.

To dye wool blew.

To dye wool blew, take good store of old chamberlye, and set it on the fire, then take half a pound of blew Neale, Byse, or Indico, and beat it small in a Morter, and then put it into the Lye, and when it seeths put in your wool.

To dye a puke.

To dye wool of a puke colour, take Galls, and beat them very small in a Morter, put them into fair seething water, and boyle your wool or your Cloth therein, and boyle them the space of halfe an houre: then take them up, and put in your Coperas into the same Liquor, then put in your wool again; and doing this once or twice, it will be sufficient.

To dye a Cinder colour.

And if you will dye your wool of a Cinder colour, which is a very good colour, you shall put your Red wool into your puke Liquor; and then it will faile lesse to be of a Cinder colour.

To dye green or yellow.

If you will dye your wool either green or yellow, then boyle your Wood-ward in a faire water, then put in your wool or Cloth, and the wool which you put in white, will be yellow, and that wool which you put in blew, will be green, and all this with one Liquor: provided that each be first boyled in Allom.

When you have thus dyed your wool, into those severall colours, meet for your purpose, and have also dryed it well; then you shall take it forth, and toase it over againe as you did before: for the first toasing was to make it receive the colour or dye: this second is to receive the oyles, and make it fit for spinning; which as soon as you have done, you shall mixe your colours together: wherein you are to note that the best

medly

medly is that which is compounded of two colours onely, as a light colour and a dark: for to have more is but confuſion, and breeds no pleaſure but diſtraction to the ſight: therefore for the proportion of your mixtures, you ſhall ever take two parts of the darker colour, and but a third part of the light. As for example, your web contains twelve pound, and the colours are red and greene: you ſhall then take eight pound of the green wool, and but four pound of the red; and ſo of any other colours where there is difference in brightneſſe. The mixing of colours.

But if it be ſo that you would needs have your cloath of three Colours, as of two dark and one light, or two light and one dark: As thus, you will have Crimſon, Yellow, and Puke: you ſhall take of the Crimſon and Yellow of each two pound, and of the Puke eight pound: for this is two light colours to one dark: but if you will take a Puke, a Green and an Orange tawny, which is two dark, and one light; then you ſhall take of the Puke and green, and the orange tawny, of each alike quantity; that is to ſay, of either four pounds. When you have equally divided your portions, then you ſhall ſpread upon the ground a ſheet, and upon the ſame firſt lay a thinne layr or bed of your darker colour, all of one even thickneſſe, then upon the ſame layr, lay another much thinner of the brighter quantity, being ſo neer as you gueſſe it, hardly half ſo much as the darker: then cover it over with another layr of the ſad colour or colours again; then upon it another of the bright again: And thus lay layr upon layr till all your wool be ſpread; then beginning at one end to role up round and hard together the whole bed of wool; and then cauſing one to kneel hard upon the roll, that it may not ſtir nor open, with your hands touze and pull out all the wool in ſmall pieces; And then taking a pair of Stock cards ſharp and large, and bound faſt to a form, or ſuch like thing; and on the ſame, Comb and Card all over the Wool, till you ſee it perfectly and undiſtinctly mixed together, and that indeed it is become one intire colour of divers, without ſpots, or undivided locks or knots; in which doing you ſhall be very carefull and heedfull with your eye; and if you find any hard knot or other felter in the Wool, which will not open, though it be never ſo Making of three colours.

ſmall, yet you ſhall pick it out, and open it, or elſe being any other fault, caſt it away; for it is the greateſt Art in Houſe-wiſery to mixe theſe Wools aright, and to make the Cloth without blemiſh.

Of the oyling of Wool.

Your Wool being thus mixed perfectly together, you ſhall then oyl it, or as the plain Houſe-wife tearmes it, greaſe it, in this manner: being laid in a round flat bed, you ſhall take of the beſt Rape oyl, or for want thereof, either well clarified Gooſe-greaſe, or Swines-greaſe, and having melted it, with your hand ſprinkle it all over your wool, and work it very well into the ſame; then turn your wooll about, and do as much on the other ſide, till you have oyled all the Wool over, and that there is not a lock which is not moyſtned with the ſame.

The quantity of oyl.

Now for as much as if you ſhall put too much oyle upon the Wool, you may thereby do great hurt to the Web, and make that the thread will not draw, but fall into many pieces, you ſhall therefore be ſure at the firſt to give it little enough; and taking ſome thereof, prove it upon the Wheel: And if you ſee it draw dry, and breaketh, then you may put more oyl unto it; but if it draw well, then to keep it there without any alteration. But becauſe you ſhall be a little more certain in the truth of your proportions, you ſhall know, that three pounds of greaſe or oyle, will ſufficiently annoynt or greaſe ten pounds of Wool; and ſo according to that preportion, you may oyl what quantity you will.

Of tumming wool.

After your Wool is oyl'd and annoynted thus, you ſhall then tum it, which is, you ſhall put it forth as you did before when you mixed it, and card it over again upon your Stock cards: and then thoſe Cardings which you ſtrike off, are called tummings, which you ſhall lay by, till it come to a ſpinning. There be ſome Houſ wifes which oyl it as they mixe it, and ſprinkle every layr as they lay it, and work the oyle into it; and then rouling up as before ſaid, pul it out and tum it; ſo that then it goeth but once over the Stock-cards, which is not amiſſe; yet the other is more certain, though ſomewhat painfull.

Of ſpinning wool.

After your wool is thus mixed, oyled, and tummed, you ſhal

ſhall then ſpinne it upon great Wool-wheels, acording to the order of good Houſewifery: the actions whereof muſt be got by practice, and not relation; only this, you ſhall be carefull to draw your thread according to the nature and goodneſſe of your wool, not according to your particular deſire; for if you draw a fine thread from a wool which is of a coorſe ſtaple, it will want ſubſtance when it comes to the Walk mill, or either there beat in pieces, or not being able to bed, and cover the threads well, be a cloath of a very ſhort laſting. So likewiſe if you draw a coorſe thread from a Wool of a fine Staple, it will then ſo much over-thick, that you muſt either take away a great part of the ſubſtance of your wool in flocks; or elſe let the cloth wear coorſe and high, to the diſgrace of the good Houſwifery, and loſſe of much cloth, which elſe might have been ſaved.

Now for the diverſities of ſpinning, although our ordinary Engliſh Houſ-wife make none at all, but ſpin every thread alike, yet the better experienc'd make two manner of ſpinnings, and two ſorts of thread; the one they call warp, the other weft; or elſe wooffe; warp is ſpun cloſe, round and hard twiſted, being ſtrong and well ſmoothed, becauſe it runs through the ſleies, and alſo indureth the fretting and beating of the beam; the weft is ſpun open, looſe, hollow, and but halfe twiſted; neither ſmoothed with the hand, nor made of any great ſtrength, becauſe it only croſſeth the warp, without any violent ſtraining, and by reaſon of the ſoftneſſe thereof beddeth cloſer, and covereth the warb ſo well, that a very little beating in the mill, bringeth it to a perfect cloth: and though ſome hold it leſſe ſubſtantial than the web, which is all of twiſted yarn, yet experience finds they are deceived, and that this open weft keeps the cloth longer from fretting and wearing. The diverſities of ſpinning.

After the ſpinning of your wool, ſome Houſwifes uſe to wind it from the broch into round clews for more eaſe in the warping, but it is a labour may very well be ſaved, and you may as well warp it from the broch as from the clew, as long as you know the certain weight, for by that only you are to be directed in all manner of cloth walking. Winding of woollen yarn.

Of warping cloth.

Now as touching the warping of cloth, which is both the skil and action of the Weaver, yet muſt not our Engliſh Houſe-wife be ignorant therein, but though the doing of the thing be not proper unto her, yet what is done muſt not be beyond her Knowledge, both to bridle the falſhood of unconſcionable Workmen, and for her own ſatisfaction, when ſhe is rid of the doubt of anothers evil doing. It is neceſſary then that ſhe firſt caſt, by the weight of her Wool, to know to how many yards of cloth the Web will ariſe; for if the Wool be of a reaſonable good ſtaple, and well ſpun, it will run yard and pound, but if it be coorſe, it will not run ſo much.

Now in your warping alſo, you muſt look how many pounds you lay in your warp, and ſo many you muſt neceſſarily preſerve for your weft: For Houſ-wifes ſay, the beſt cloth is made of even and even; for to drive it to greater advantage is hurtful to the cloth. There be other obſervations in the warping of cloth; as to number your Portuſſes, and how many goes to a yard: to look to the cloſeneſſe and filling of the ſleie, and ſuch like, which ſometimes hold, and ſometimes fail, according to the art of the workman; and therefore I will not ſtand much upon them, but refer the Houſwife to the inſtruction of her own experience.

Of weaving of cloth, walking and dreſſing it.

Now after your cloth is thus warped, and delivered up into the hands of the Weaver, the Houſ-wife hath finiſht her labour; for in the Weaving, walking, and dreſſing thereof, ſhe can challenge no property more than to entreat them ſeverally to diſcharge their duties with a good conſcience; that is to ſay, that the Weaver weave cloſe, ſtrong, and true, that the Walker or Fuller mill it carefully, and looke well to his ſcowring earth, for fear of beating holes into the cloth; and that the Cloth worker or Sheer man burle and dreſſe it ſufficiently, neither cutting the Wool too unreaſonable high, whereby the cloth may not wear rough, nor too low, leſt it appear thred bare ere it come out of the hands of the Taylor.

Of linnen cloth.

Theſe things fore warn'd and performed, the cloth is then to be uſed at your pleaſure.

The next thing to this, which our Engliſh Houſwife muſt be

be skilful in, is the making of all sorts of Linnen cloth, whether it be of Hemp or Flaxe; for from those two onely is the most principal cloth derived and made, both in this and in other Nations.

The ground best to sow Hemp on.

And first touching the Soyl fittest to sow Hemp upon, it must be a rich mingled earth of Clay and Sand, or Clay, and Gravel well tempered; and of these the best serveth best for that purpose; for the simple Clay, or the simple Sand are nothing so good; for the first is too tough, too rich, and too heavy, bringeth forth all Bun, and no Rind; the other is too barren, too hot, and too light, and bringeth forth such slender withered increase, that it is nothing neer worth the labour. Briefly, then the best Earth is the mixt ground, which the Husbandmen calls the red hazel ground, being wel-ordered and manur'd; and of this earth a principal place to sow Hemp on, is in old Stack-yards, or other places kept in the Winter time for the lair of Sheep or Cattel, when your ground is either scarce, or formerly not imployed to that purpose; but if it be where the ground is plenty, and onely used thereunto, as in *Holland* in *Lincolnshire*, the Isle of *Axom*, and such like places, then the custome of the Country will make you expert enough therein: There be some that will preserve the ends of their Corn-lands, which but upon grasse, to sow Hemp or Flax thereon, and for that purpose will manure it well with sheep; for whereas Corn which butteth on grasse hads, where cattle are teathered, is commonly destroyed, and no profit issuing from a good part thereof; by this means, that which is sown will be more safe and plentiful, and that which was destroyed, will bear a commodity of better value.

The tillage of the ground.

Now for the tillage or ordering of the ground where you sow Hemp or Flax, it would in all poynts be like that where you sow Barley, or at the least as often broke up, as you do when you sow Fallow wheat; which is thrice at least, except it be some very mellow and ripe mould, as stack yards, and usual Hemp Lands be, and then twice breaking up is sufficient: that is to say, about the latter end of *February*, and the latter end of *April*, at which time you shall sow it: and

herein

herein it is to be noted, that you muſt ſow it reaſonable thick with good ſound and perfect ſeed, of which the ſmootheſt, roundeſt, and brighteſt, with leaſt duſt in it, is beſt : you muſt not lay it too deep in the earth : but you muſt cover it cloſe, light, and with ſo fine a mould as you can poſſible break with your harrows, clotting beetles, or ſleighting : then till you ſee it appear above the earth, you muſt have it exceedingly carefully tended, eſpecially an hour or two before the Sun riſe, and as much before its ſet ; for birds and other vermine, will otherwiſe pick the ſeed out of the earth, and ſo deceive you of your profit.

Of weeding of Hemp and Flax.

Now for the weeding of Hemp, you may ſave the labour, becauſe it is naturally of it ſelf ſwift of growth, rough, and venemous to any thing that grows under it, and will ſooner of its own accord deſtroy thoſe unwholſome weeds, than by your labour. But for your Flax or Line, which is a great deal more tender, and of harder increaſe, you ſhall as occaſion ſerveth weed it, and trim it, eſpecially if the weeds over grow it, but not otherwiſe : for if it once get above the weeds, then it will ſave it ſelf.

The pulling of Hemp or Flax.

Touching the pulling of Hemp, or Flax, which is the manner of gathering of the ſame ; you ſhall underſtand that it muſt be pulled up by the roots, and not cut as Corn is, either with ſithe or hook ; and the beſt time for the pulling of the ſame is, when you ſee the leaves fall downward, or turne yellow at the tops, for that is full ripe ; and this for the moſt part will be in *July*, and about *Mary Maudlins* day. I ſpeak now touching the pulling of Hemp for cloth : but if you intend to ſave any for ſeed, then you ſhall ſave the principal buns, and let them ſtand till it be the latter end of *Auguſt* or ſometime till mid *September* following ; and then ſeeing the ſeed turned brown and hard, you may gather it, for if it ſtand longer, it will ſhed ſufficiently ; as for Flaxe, which ripeneth a little after the Hempe, you ſhall pull it as ſoon as you ſee the ſeed turn brown, and bend the head to the earth-ward, for it will afterward ripen of it ſelf as the bun dryeth.

Now for the ripening and ſeaſoning of Hemp or Flax, you ſhall

ſhall ſo ſoon as you have pulled it, lay it all along flat, and thinne upon the ground, for a day and a night at the moſt, and no more; and then as Houſe-wifes call it, tye it up in baits, and rear them upright till you can conveniently carry it to the water, which would be done as ſpeedily as may be. Now there be ſome which do ripen their Hemp and Flaxe upon the ground where it grew, by letting it lye thereon to receive dews and raine, and the moyſtneſſe of the earth, till it be ripe: but this is a vile and naughty way of ripening, it maketh the Hemp or Flaxe black, rough, and often rotten: therefore I would wiſh none to uſe it, but ſuch as neceſſity compelleth thereunto, and then to be careſull to the often turning thereof, for it is the ground onely which rots it.

The watering of Hemp or Flax.

Now for the watering of the Hemp or Flax, the beſt water is the running ſtream, and the worſt the ſtanding pit, yet becauſe Hemp is a poyſonous thing, and infecteth the water, and deſtroyeth all kind of fiſh, it is more fit to imploy ſuch pits and ditches as are leaſt ſubject to annoyance, except you live neer ſome great broad and ſwift ſtreams, and then in the ſhallow parts thereof you may water without danger. Touching the manner of the watering thereof, you ſhall according to the quantity knock four or ſix ſtrong ſtakes into the bottome of the water, and ſet them ſquare wiſe, then lay your round baits or bundles of Hemp down under the water, the thick end of your bundle one way, and the thick end of another bundle another way; and ſo lay bait upon bait, till you have laid in all, and that the water covereth them all over; then you ſhal take over-lyers of wood, and binding them over-thwart to the ſtakes, keep the Hemp down cloſe, and eſpecially, at the four corners; then take great ſtones, gravel, and other heavy rubbiſh, and lay it between, and over the over-lyers, and ſo cover the Hemp cloſe, that it may by no means ſtir, and ſo let it continue in the water four dayes and nights, if it be in a running water; but if it be in a ſtanding water, then longer, and then take out one of the uppermoſt baits and waſh it; and if in the waſhing you ſee the leaf come off, then you may be aſſured the Hemp is watered enough: as for Flax, leſs time will ſerve it, and it will ſhed the leaf in three nights.

When

Of washing out of Hemp or Flax.

When your Hemp or Flax is thus watered enough, you shall take off the gravel, stones, over-lyers of wood, and unlooſing it from the ſtakes, take and wash out every bait or bundle ſeverally by it ſelf, and rub it exceeding clean, leaving not a leaf upon it, nor any filth within it; then ſet it upon the dry earth upright, that the water may drop from it, which done, load it up, and carry it home; and in ſome open cloſe, or piece of ground rear it upright, either againſt hedges, pales, walls, back-ſides of houſes, or ſuch like, where it may have the full ſtrength or reflection of the Sun, and being throughly dryed then houſe it; yet there be ſome Houſe-wifes which as ſoon as their Hemp comes from the water, will not rear it upright, but lay it upon the ground flat and thin for the ſpace of a ſennight, turning it at the end of every two dayes, firſt on the one ſide, then on the other, and then after rear it upright, dry it, and ſo houſe it: and this Houſewifery is good and orderly.

Now although I have hitherto joyned Hemp and flax together, yet you ſhall underſtand that there are ſome particular differences between them; for whereas your Hemp may within a night or two after the pulling, be carried to the water, your flax may not but muſt be reared up, and dryed and withered a week or more to ripen the ſeed, which done, you muſt take ripple combs, and ripple your flax over, which is the beating or breaking off from the ſtalks the round balls or bobs which contain the ſeed, which you muſt preſerve in ſome dry veſſel or place till the ſpring of the year, and then beat it, or threſh it for your uſe, and when your flax or line is ripled, then you muſt ſend it to the water as aforeſaid.

After your Hemp or Flax hath been watered, dryed, and houſed, you may then at your pleaſure break it, which is in a brake of wood (whoſe proportion is ſo ordinary, that every one almoſt knows them) then breake and beat out the dry bun or hexe of the Hemp or Flax from the rind which covers it; and when you brake either, you ſhall do it as neer as you can, on a fair dry Sun-ſhine day, obſerving to ſet forth your Hemp and Flax, and ſpread it thin before the Sun, that it may be as dry as tinder before it come to the brake; for if either

either in the lying close together, it shall give again or sweat or through the moystnesse of the ayre, or place where it lyes, receives any dampishnesse: you must necessarily receive it dried sufficiently again, or else it will never brake well, nor the bun break and fall from the rinde in order as it should.

Therefore, if the weather be not seasonable, and your need much to use your Hemp or Flaxe, you shall then spread it upon your Kilne, and making a soft fire under it, dry it upon the same, and then brake it: yet for as much as this is oft times dangerous, and much hurt hath been received thereby through casualty of fire, I would wish you to stick four stakes in the earth at least five foot above ground, and laying over them small over layers of wood, and open sleaks or hurdles upon the same; spread your Hemp, and also rear some round about it all, but at one open side; then with straw, small shavings, or other light dry wood make a soft fire under the same, and so dry it, and brake it, and this without all danger or mistrust of evill; and as you brake it, you shall open and look into it, ever beginning to break the root ends first; and when you see the bun is sufficiently crusht, fallen away, or at the most hangeth but in very small shivers within the Hemp or Flax, then you shall say, it is brak't enough, and then terming that which you called a Baite or Bundle before, now a strike, you shall lay them together, and so house them, keeping in your memory either by score or writing, how many strikes of Hemp, and how many strikes of Flaxe you brake up every day. The drying of hemp or flax.

Now that your Hemp or Flax may brake so much the better, you must have for each severall sort two severall brakes, which is an open and wide toothed, or nickt brake, and a close and straight toothed brake: the first being to crush the bun, and the latter to beat it forth. Now for Flax, you must take first that which is the straighter for the Hempe, and then after, one of purpose, much straighter and sharper; for the bun of it being more small, tough, and thin, must necessarily be broken into much lesse pieces. Diversity of brakes.

After your Hemp and Flax is brak't, you shall then swingle it, which is upon a swingle-tree block, made of an half inch boord

boord about four foot above ground, and ſet upon a ſtrong foot or ſtock, that will not eaſily move and ſhake, as you may ſee in any Houſe-wives houſe whatſoever; better than my words can expreſſe: and with a piece of wood called the ſwingle-tree dagger, made in the ſhape and proportion of an old dagger, with a reaſonable blunt edge; you ſhall beat out all the looſe buns and ſhivers that hang in the hemp or flaxe, opening and turning it from one end to the other, till you have no bun or ſhiver to be perceived therein, and then ſtriking a twiſt, and fould in the midſt, which is ever the thickeſt part of the ſtrike, lay them by till you have ſwingled all; the generall profit whereof, is not only the beating out of the hard bun, but alſo an opening and ſoftning of the tear, whereby it is prepared and made ready for the Market.

Now after you have ſwingled your Hemp and Flaxe over once, you ſhall take and ſhape up the refuſe ſtuffe which you beat from the ſame ſeverally, and not only it, but the tops and knots, and half brackt bun, which fall from the brake alſo; and drying them againe, cauſe them to be very well threſht with flayls; and then mixing them with the refuſe which fell from the ſwingle tree, dreſſe them all well with threſhing and ſhaking, till the buns be clean driven out of them; and then lay them in ſome ſafe dry place till occaſion of uſe: theſe are called ſwingle-tree hurds, and that which comes from the Hemp will make window cloth, and ſuch like coorſe ſtuff, and that which comes from the flax, being a little towed again in a pair of wool cards, will make a coorſe harding.

But to proceed forward in the making of cloth, after your hemp or flaxe hath been ſwingled once over, which is ſufficient for the market, and for ordinary ſale; you ſhall then for cloath, ſwingle it over the ſecond time, and as the firſt did beat away the bun, and ſoften the rind, ſo this ſhall break and divide, and prepare it fit for the heckle; and hurds which are this ſecond time beaten off, you ſhall alſo ſave: for that of the Hemp, (being towſed in wool cards) will make a good hempen harding, and that which commeth from the flaxe (uſed in that manner) a flaxe harding, better than the former.

Of beating Hemp.

After the ſecond ſwingling of your Hemp, and that the hurds

hurds thereof have been laid by, you ſhall take the ſtrikes, and dividing them into dozens, and half dozens, make them up into great thick roles, and then as it were broaching them, or ſpitting them upon long ſticks, ſet them in the corner of ſome chimney, where they may receive the heat of the fire, and there let them abide, till they be dried exceedingly, then take them, and laying them in a round trough made for the purpoſe, ſo many as may conveniently lye therein, and there with beetles beat them exceedingly, till they handle both without and within as ſoft and pliant as may be, without any hardneſſe or roughneſſe to be felt or perceived; then take them from the trough and open the roler, and divide the ſtrikes ſeverally as at the firſt, and if any be inſufficiently beaten, role them up, and beat them over as before.

When your Hemp hath been twice ſwingled, dried, and beaten, you ſhall then bring it to the heckle, which inſtrument needeth no demonſtration, becauſe it is hardly unknown to any woman whatſoever: and the firſt heckle ſhall be coorſe open and wide toothed, becauſe it is the firſt breaker or divider of the ſame, and the layer of the ſtrikes even and ſtraight: and the hurds which come of this heckling, you ſhall mixe with thoſe of the latter ſwingling, and it will make the cloth much better; then you ſhall heckle it the ſecond time through a good ſtraight heckle, made purpoſely for Hemp, and be ſure to break it very well, and ſufficiently thereupon, and ſave both the hurds by themſelves, and the ſtrikes by themſelves in ſeverall places. Of heckling Hemp.

Now there be ſome very principall good Houſe-wives, which uſe only but to heckle their hemp once over, affirming, that if it be ſufficiently dryed and beaten, that once going over thorough a ſtraight heckle, will ſerve without more loſſe of labour, having been twice ſwingled before.

Now if you intend to have an excellent piece of Hempen cloth, which ſhall equall a piece of very pure Linnen; then after you have beaten it, as before ſaid, and heckled it once over, you ſhall then roule it up againe, dry it as before, and beat it againe as much as at the firſt; then heckle it through a fine flaxen heckle, and the Towe which fals from the heckle, will make a principall hemping, but the teare it ſelfe a cloth as pure as fine Houſe-wifes Linnen, the indurance and laſting where-

of

of is rare and wonderfull: thus you see the uttermost art in dreſſing of hemp, for each ſeverall purpoſe in cloth-making, till it come to the ſpinning.

The dreſſing of flax to the fineſt uſe.

Flaxe after it hath been twice ſwingled, needeth neither more drying nor beating as hemp doth, but may be brought to the heckle in the ſame manner as you did hemp; onely the heckle muſt be much finer and ſtraighter; and as you did before, the firſt heckle being much coorſer than the latter, holding the ſtrike ſtiffe in your hand, break it very well upon that heckle: then the hurdes which comes thereof, you ſhall ſave to make fine hurden cloth of, and the ſtrike it ſelfe, you ſhall paſſe thorow a finer heckle; and the hurds, which come from thence, you ſhall ſave to make fine midlen cloth of, and the teare it ſelf for the beſt Linnen.

To dreſſe flax for the fineſt uſe that may be, as to make faire Holland cloth of great price, or thread for the moſt curious purpoſe, a ſecret hitherto, almoſt concealed from the beſt *Houſe-wife* with us, you ſhall take your flax after it hath been handled, as is before ſhewed, and laying three ſtrikes together, plat them in a plat of three, ſo hard and cloſe together as is poſſible, joyning one to the end of another, till you have platted ſo much as you think convenient, and then begin another plat, and thus plat as many ſeverall plats as you think will make a roule, like unto one of your hemp roules before ſpoke of, and then wreathing them hard together, make up the rouſe; and ſo many roules more or leſſe, according to the purpoſe you dreſſe them for: this done, put the roules into a hempe-trough, and beat them ſoundly, rather more than leſſe than the hempe: and then open and unplat it, and divide every ſtrike from the other, very carefully; then heckle it through a finer heckle than any formerly uſed: for of heckles there be ever three ſorts, and this muſt be the fineſt: and in this heckling, you muſt be exceeding carefull to do it gently, lightly, and with good deliberation, leſt what you heckle from it ſhould run to knots, or other hardneſſe, as it is apt to do: but being done artificially as it ought, you ſhall ſee it look, and feel it handle like fine ſoft Cotton, or Jerſie wool; and this which thus looketh and feeleth, and falleth from the heckle, will notwithſtanding make a pure Linnen, and run at leaſt

leaſt two yards and a half in the pound; but the teare it ſelfe will make a perfect ſtrong, and moſt fine holland, running at leaſt five yards in the pound.

After your teare is thus dreſt, you ſhall ſpin it either upon wheel or rock, but the wheel is the ſwifter way, and the rock maketh the finer thread; you ſhall draw your thread according to the nature of the teare, and as long as it is even, it cannot be too ſmall, but if it be uneven, it will never make a durable Cloath. Now for as much as every Houſe-wife is not able to ſpin her owne teare in her owne houſe, you ſhall make choiſe of the beſt Spinners you can hear of, and to them put forth your teare to ſpin, weighing it before it go, and weighing it after it is ſpun and dry, allowing weight for weight, or an ounce and a halfe for waſte at the moſt: as for the prices for ſpinning, they are according to the natures of the Countrey, the fineneſſe of the teare, and the dearneſſe of proviſions: ſome ſpinning by the pound, ſome by the lay, and ſome by the day, as the bargain ſhall be made.

After your yarn is ſpun upon ſpindles, ſpools, or ſuch like, you ſhall then reel it upon reeles, of which the reels which are hardly two foot in length, and have but onely two contrary croſſe bares, are the beſt, the moſt eaſie, and leſſe to be troubled with ravelling; and in the weaving of your fine yarn, to keep it the better from ravelling, you ſhall as you reele it, with a Ley-band of a big twiſt, divide the ſlipping or skeane into divers Leyes, allowing to every Ley eighty threads, and twenty Leyes to every ſlipping, the yarne being very fine, otherwiſe leſſe of both kinds: but if you ſpin by the Ley, as at a pound of Ley or ſo, then the ancient cuſtome hath been to allow to the reele which was eight yards, at above 160 threads to every Ley, and 25. Leyes, and ſometimes 30. Leyes to a ſlipping, which will ordinarily amount to a pound or thereabous; and ſo by that you may proportion forth the price for any manner of ſpinning whatſoever; for if the beſt thus, then the ſecond ſo much bated, and ſo accordingly the worſt. Of reeling of yarn.

After thus your yarn is ſpun and reeld, being in the ſlippings you ſhall ſcowr it: Therefore, firſt to fetch out the ſpots, you ſhall lay it in luke-warm water, and let it lye ſo three or Of the ſcowring of yarn.

foure dayes, each day ſhifting it once, and wringing it out, and laying it in another water of the ſame nature; then carry it to a well or brook, and there rinſe it, till you ſee that nothing commeth from it, but pure clean water; for whileſt there is any filth within it, there will never be white cloth; which done, take a bucking tub, and cover the bottome thereof with very fine Aſhen-aſhes: then opening your ſlippings, and ſpreading them, lay them on thoſe Aſhes, then cover thoſe ſlippings with aſhes againe, then lay in more ſlippings, and cover them with aſhes as before, and thus lay one upon another, till all your yarn be laid in; then cover the uppermoſt yarne with a bucking cloth, and lay therein a peck or two, (according to the bigneſſe of the tub) of aſhes more, then powre into all through the uppermoſt cloth ſo much warme water, till the tub can receive no more; and ſo let it ſtand all night, the next morning you ſhall ſet a Kettle of clean water on the fire; and when it is warme, you ſhall pull out the ſpigget of the bucking tub, and let the water therein run into another clean veſſel; and as the bucking tub waſteth, ſo you ſhall fill it up againe with the warm water on the fire, and as the water on the fire waſteth, ſo you ſhall fill it up againe with the lie which commeth from the bucking tub, ever obſerving to make the lie hotter and hotter till it ſeeth; and then when it ſo ſeetheth, you ſhall as before apply it with boyling lie, at leaſt four houres together, which is called, the driving of a buck of yarn: All which being done, you ſhall take off the Bucking cloth, and then putting the yarne with the Lie-aſhes into large Tubs or Bowles, with your hands as hot as you can ſuffer it to poſſe, and labour the yarne, aſhes, and Lie, a pretty while together; then carry it to a Well, River, or other clean ſcouring water, and there rinſe it as clean as may be from the aſhes; then take it, and hang it up upon poles abroad in the ayre all day, and at night take the ſlippings downe, and lay them in water all night, then the next day hang them up againe, and if any part of them dry, then caſt water upon them, obſerving ever to turn that ſide outmoſt which whiteth ſloweſt, and thus doe at leaſt ſeven dayes together; then put all the yarne againe into a Bucking-Tub without aſhes, and cover

Whiting of yarn.

it

it as before with a Bucking cloth, and lay thereupon good ſtore of freſh aſhes, and drive that buck as you did before, with very ſtrong ſeething Lies, the ſpace of half a day or more; then take it forth, poſſe it, rince it, and hang it up as you did before on the dayes, and laying it in water on the nights another week, and then waſh it over in fair water, and ſo dry it up.

Other wayes there are of ſcourings and whiting of yarn; as ſteeping it in bran and warm water, and then boyling it with *Oziar* ſticks, wheat ſtraw, water, and aſhes, and then poſſing, rinſing, and bleaching it upon hedges, or buſhes; but it is a foul and uncertain way, and I would not wiſh any good *Houſe-wife* to uſe it.

After your yarn is ſcoured and whited, you ſhall then wind it up into round balls of a reaſonable bigneſſe, rather without bottoms then with any at all, becauſe it may deceive you in the waight; for according to the pounds will ariſe your yards and lengths of cloth.

After your yarn is wound and weighed, you ſhall carry it to the Weavers, and wrap it as was before ſhewed for wollen cloth, knowing this, that if your Weaver be honeſt and skilfull, he will make you good and perfect cloth of even and even, that is juſt the ſame weight it weft, that there was in warp: As for the action of weaving it ſelfe, it is the work-mans occupation, and therefore to him I refer it.

The ſcouring and whiting of cloth.

After your cloth is woven and the Web or Webs come home, you ſhall firſt lay it to ſteep in all points as you did your yarn, to fetch out ſoyling and other filth, which is gathered from the Weaver; then rinſe it alſo as you did your yarn, then buck it alſo in lie and aſhes, as before ſaid, and rinſe it, and then having Loops fixt to the ſelvedge of the cloth, ſpread it upon the graſſe, and ſtake it down at the uttermoſt length and breadth, and as faſt as it dries, water it again, but take heed you wet it not too much, for fear you mildew or rot it; neither caſt water upon it, till you ſee it in a manner dry, and be ſure weekly to turn it firſt on one ſide, and then on the other, and at the end of the firſt week, you ſhall buck it as before in Lie and Aſhes again, then rinſe it, ſpread it, and water it as before; then if you ſee it whites apace, you need not to give it any more bucks with

the aſhes and the cloth mixt together, but then a couple of clean bucks, (as was before ſhewed in the yarn) the next fo. tnight following; and then being whitened enough, dry up the cloth and uſe it as occaſion ſhall require: the beſt ſeaſon for the ſame whitening, being *April* and *May*. Now the coorſe and worſt Houſe-wives, ſcour and white their cloth with water and bran, and buck it with lie and green hemlocks: but, as before I ſaid, it is not good, neither would I have it put in practiſe. And thus much for wool, hemp, flax, and cloth of each ſeverall ſubſtance.

CHAP. VI.

Of Dairies, Butter, Cheeſe, and the neceſſary things belonging to that Office.

THere followeth now in this place after theſe knowledges already rehearſed, the ordering and Government of Dairies, with the profits and commodities belonging to the ſame. And firſt touching the ſtock wherewith to furniſh Dairies, it is to be underſtood, that they muſt be Kine of the beſt choice and breed that our *Engliſh Houſe-wife* can poſſibly attain unto, as of big bone, fair ſhape, right bred, and deep of milk, gentle, and kindly.

Bigneſſe of Kine. Touching the bigneſſe of bone, the larger that every Cow is, the better ſhe is: for when either age or miſchance ſhall diſable her for the paile, being of large bone ſhe may be fed, and made fit for the ſhambles, and ſo no loſs but profit, and an other to the paile, as good and ſufficient as her ſelfe.

For her ſhape, it muſt a little diff.r from the Butchers rules; for being choſe for the Dairy, ſhe muſt have all the ſignes of plenty of milk; as a crumpled horn, a thin neck, a hairy dew-lap, and a very large udder, with four teates, long, thick, and ſharp at the ends; for the moſt part either all white, of what colour ſoever the Cow be, or at leaſt the fore part thereof: and if it be well hair'd before and behind, and ſmooth in the bottom, it is a good ſigne.

The breed of Kine. As touching the right breed of Kine through our Nation, is

it generally affordeth very good ones, yet ſome Countries do far exceed other Countries, as *Cheſhire*, *Lancaſhire*, *Yorke-ſhire*, and *Darby-ſhire*, for black Kine; *Glocester-ſhire*, *Somerſet-ſhire*, and ſome part of *Wilt-ſhire*, for red Kine; and *Lincol-ſhire* for pide Kine: and from the breeds of theſe Countries generally doe proceed the breeds of all other, howſoever diſperſed over the whole Kingdome. Now for our Houſwifes directions, ſhe ſhall chuſe her *Dairy* from any of the beſt breeds before named, *according as her opinion and delight ſhall govern her*, onely obſerving not to mixe her breeds of divers kinds, but to have all of one intire choyce without variation, becauſe it is unprofitable; neither muſt you by any means have your Bull a foreiner from your Kine, but either of one Country, or of one ſhape and colour: Again, in the choice of your Kine, you muſt look diligently to the goodneſſe and fertility of the ſoyl wherein you live, and by all meanes buy no Kine from a place that is more fruitful than your own, but rather harder; for the latter will proſper and come on, the other will decay and fall into diſeaſes; as the piſſing of blood, and ſuch like. For which diſeaſe, and all other you may find aſſured cures in the former book, called *Cheap and good*.

For the depth of milk in Kine (which is the giving of moſt milk) being the main of a Houſ-wifes profit, ſhe ſhall be very carefull to have that quality in her beaſts. Now thoſe Kine are ſaid to be deepeſt of milk, which are new hare; that is, which have but lately calved, and have their milke deepe ſpringing in their Udders, for at that ſhe giveth the moſt milke; and if the quantity then be not convenient, doubtleſſe the Cow cannot be ſaid to be of deep milke; and for the quantity of milke, for a Cow to give two gallons at a meal, is rare and extraordinary; to give a gallon and a halfe is much and convenient, and to give but a gallon certain; is not to be found fault with: Againe, thoſe Kine are ſaid to be deep of milke, which though they give not ſo exceeding much milke as others, yet they give a reaſonable quantity, and give it long, as all the year through, whereas other Kine that give more in quantity, will go dry, being with Calfe, ſome three months, ſome two, and ſome one, but theſe will give their Depth of milk in Kine.

usuall measure, even the night before they Calve; and therefore are said to be Kine, deep of milke. Now for the retained opinion, that the Cow which goeth not dry at all, or very little, bringeth not forth so good a Calf as the other, because it wanteth much of the nourishment it should enjoy, it is vain and frivolous; for, should the substance from whence the milk proceedeth convert to the other intended nourishment, it would be so superabundant, that it would convert either to disease or putrifaction; but letting these secret reasons passe, there be some Kine which are so exceedingly full of milk, that they must be milkt at least thrice a day, at morning, Noon, and Evening, or else they will shed their milk; but it is a fault rather than a vertue, and proceedeth more from a laxativeness or loosness of milk, than from any abundance; for I never saw those three meals yet, equal the two meals of a good Cow; and therefore they are not truly called deep of milk.

Of the going dry of Kine.

Touching the gentleness of Kine, it is a vertue as fit to be expected as any other; for if she be not affable to the Maid, gentle and willing to come to the paile, and patient to have her dugges drawn without skittishness, striking or wildness, she is utterly unfit for the dairy.

Of kindliness in Kine.

As a Cow must be gentle to her milker, so she must be kind in her own nature; that is, apt to conceive, and bring forth, fruitfull to nourish, and loving to that which springs from her; for so she bringeth forth a double profit, the one for the time present, which is in the dairy, the other for the time to come, which is in the maintenance of the stock, and upholding of breed.

The best time to calve in, for the Dairy, or breed.

The best time for a Cow to Calve in for the Dairy, is in the latter end of *March*, and all *April*. for then grass beginneth to spring to its perfect goodnesse which will occasion the greatest increase of milk that may be, and one good early Cow will countervaile two latter, yet the Calves thus calved are not to be reared, but suffered to feed upon their Damms best milk, and then to be sold to the Butchers, and surely the profit will equal the charge; but those Calves which fall in *October November*, or any time of the depth of Winter may well be reared

reared up for breed, becauſe the main profit of the Dairy is then ſpent, and ſuch breed will hold up any Calves wh ch are calved in the prime daies, for they generally are ſubject to the diſeaſe of the ſturdy, which is dangerous and mortal.

Rearing of Calves.

The Houſwife which onely hath reſpect to her Dairy, and for whoſe knowledge this diſcourſe is written (for wee have ſhewed the Graſier his Office in the Engliſh Husbandman) muſt rear her calves upon the finger with flotten milke, and nor ſuffer them to run with their dammes : the generall manner whereof, and the cure of all the diſeaſes incident to them, and all other Cattel is fully declared in the Book called *Cheape and Good.*

The general uſe of Dairies.

To proceed then to the generall uſe of Dairies, it conſiſteth firſt in the Cattel (of which we have ſpoke ſufficiently) then in the houres of milking, the ordering of the milk, and the profits ariſing from the ſame. The beſt and moſt commended hours for milking, are indeed but two in the day ; that in the Spring and Summer time which is the beſt ſeaſon for the Dairy, is betwixt five and ſixe in the morning, and ſix and ſeven a clock in the evening ; and although nice and curious Houſewives will have a third hour betwixt them, as between twelve and one in the afternoon, yet the better experienc'd do not allow it, and ſay as I believe, that two good meals of milk are better ever than three bad ones ; alſo in the milking of a Cow, the woman muſt ſit on the neer ſide of the Cow, ſhe muſt gently at the firſt handle and ſtretch her dugges, and moiſten them with milk that they may yield out the milk the better, and with leſſe pain ; ſhe ſhall not ſettle her ſelf to milk, nor fixe her paile firme to the ground till ſhe ſee the Cow ſtand ſure and firme, but be ready upon any motion of the Cow to ſave her pail from over-turning : when ſhe ſeeth all things anſwerable to her deſire, ſhe ſhall then milk the Cow boldly, and not leaving ſtretching and ſtraining of her teates, till not one drop of milk more will come from them ; for the worſt point of Houſwifery that can be, is to leave a Cow halfe milkt ; for beſides the loſſe of the milk, it is the only way to make a Cow dry, and utterly unprofitable for the Dairy. The Milkmaid whilſt ſhe is in milking, ſhall do nothing raſh'y or ſud-

The hours of milking.

ſuddenly about the Cow, which may affright or amaze her; but as ſhe came gently, ſo with all gentleneſſe ſhe ſhall depart.

Ordering of milk.

Touching the well-ordering of milke after it is come home to the Dairy the maine poynt belonging thereunto is the Houſwifes cleanlineſſe, in the ſweet and neat keeping of the Dairy-houſe, where not the leaſt mote of any filth may by any meanes appear, but all things either to the eye or noſe ſo void of ſowrenes or ſluttiſhneſs, that a Princes Bed chamber muſt not exceed it: to this muſt be added, the ſweet and delicate keeping of her milk veſſels, whether they be of wood, earth, or lead, the beſt as yet is diſputable with the beſt Houſwifes; onely this opinion is generally received, that the woodden veſſel, which is round and ſhallow, is beſt in cold vaults, the earthen veſſels principal for long keeping, and the leaden veſſel for yeelding of much Cream: but howſoever, any and all theſe muſt be carefully ſcalded once a day, and ſet in the open ayr to ſweeten, leſt getting any taint of ſowrneſſe into them, they corrupt the milk that ſhall be put therein.

Ordering of milk veſſels.

Sylling of milk.

But to proceed to my purpoſe, after your milk is come home, you ſhall as it were ſtrain it from all unclean things, through a neat and ſweet kept Syledish, the forme whereof every Houſewife knows; and the bottome of this Syle through which the milk muſt paſs, muſt be covered with a very clean waſht fine linnen cloath, ſuch an one as will not ſuffer the leaſt mote or hair to go through it: you ſhall into every veſſel ſoyl put a pretty quantity of milk, according to the proportion of the veſſel, the broader it is, and the ſhallower it is, the better it is, and yeeldeth over the moſt Creame, and keepeth the milke longeſt from ſowring.

Profits ariſing from milk.

Now for the profits ariſing from milke, they are three of eſpecial account, as Butter, Cheeſe, and Milk, to be eaten ſimple or compounded: as for Curds, ſowr Milk, or Whige, they come from ſecondary meanes, and therefore may not be numbred with theſe.

Of Butter.

For your butter which only proceedeth from the Cream, which is the very heart and ſtrength of Milke, it muſt be gathered very carefully, diligently, and painfully: And through cleanli

cleanlineſs be ſuch an Ornament to a Houſwife, that if ſhe want any part thereof, ſhe loſeth both that and all good names elſe: yet in this action it muſt be more ſeriouſly imployed than in any other.

To begin then with the fleeting or gathering of your Cream from the Milk, you ſhall do it in this manner: The Milk which you do milk in the morning, you ſhall with a fine thin ſhallow diſh, made for the purpoſe, take off the Cream about five of the Clock in the Evening; and the Milk which you did milk in the Evening, you ſhall fleete and take off the Cream about five of the clock the next morning; and the Cream ſo taken off, you ſhall put into a clean ſweet and well leaded earthen pot cloſe covered, and ſet it in a cloſe place; and this Cream ſo gathered, you ſhall not keep above two dayes in the Summer, and not above four in the Winter, if you will have the ſweeteſt and beſt butter, and that your Dairy contain but five Kine no more; but how many or few ſoever you keep, you ſhal not by any means preſerve your Cream above three dayes in Summer, and not above ſix in the Winter.

Of fleeting Cream.

Of keeping Cream.

Your Cream being neatly and ſweet kept, you ſhall churne or churn it on thoſe uſual dayes which are fitteſt either for your uſe in the houſe, or the Markets adjoyning neer unto you, according to the purpoſe for which you keep your Dairy. Now the dayes moſt accuſtomably held amongſt ordinary Houſewives, are Tueſday and Friday: Tueſday in the afternoon, to ſerve Wedneſday morning market, and Friday morning to ſerve Saturday market; for Wedneſday and Saturday are the moſt general market dayes of this Kingdome, and Wedneſday, Friday, and Saturday, the uſuall faſting dayes of the week, and ſo meet ſt for the uſe of Butter. Now for Churming, take your Cream, and through a ſtrong and clean cloath ſtrain it into the Churm; and then covering the Churme cloſe, and ſetting it in a place fit for the action in which you are imployed; as in the Summer, in the cooleſt place of your Dairy, and exceeding early in the morning, or very late in the Evening: And in the Winter, in the warmeſt place of your Dairy, and in the moſt temperate hours, as about noon, or a little before or after, and ſo Churm it with ſwift

Of churming butter, and the dayes.

ſwift ſtroaks, marking the noiſe of the ſame, which will be ſolid, heavy, and entire, untill you hear it alter, and the ſound is leight, ſharp, and more ſpiritly; and then you ſhall ſay that your butter breaks, which perceived both by this ſound, the lightneſſe of the churn ſtaffe, and the ſparks and drops which will appear yelſow about the lid of the Churn; then cleanſe with your hand both the lidde and the inward ſide of the churn, and having put all together, you ſhall cover the churn again, and then with eaſie ſtroaks round and not to the bottome, gather the butter together into one intire lump and body, leaving no pieces thereof ſeveral or unjoyned.

Helps in churming.

Now foraſmuch as there be many miſchiefs and inconveniences which may happen to butter in the churming, becauſe it is a body of much tenderneſſe, and neither will indure much heat nor much cold; for if it be over-heated, it will look white, crumble, and be bitter in taſte; and if it be over-cold it will not come at all, but will make you waſte much labour in vain: which faults to help, if you churne your butter in the heat of Summer it ſhall not be amiſſe, if during the time of your churning, you place your churne in a paile of cold water; as deep as your Cream riſeth in the churn, and in the churning thereof let your ſtrokes goe ſlow and be ſure that your churn be cold when you put in your Cream: but if you churn in the coldeſt time of Winter, you ſhall then put in your Cream before the churn be cold, after it hath been ſcalded, you ſhall place it within the air of the fire, and churn it with as ſwift ſtrokes, and as faſt as may be, for the much labouring of it will keep it in a continual warmth, and thus you ſhall have your butter good, ſweet, and according to your wiſh. After your butter is churn'd, or churn'd and gathered well together in your churn, you ſhall then open your churn, and with both your hands gather it well together, and take it from the butter milke, and put it into a very clean bowl of wood, or panſhion of earth ſweetned for the purpoſe, and if you intend to ſpend the butter ſweet and freſh, you ſhall have your bowle or panſhion filled with very clean water, and therein with your hand you ſhall work the butter, turning and toſſing it

The handling of butter.

to

to and fro, till you have by that labour beaten and washt out all the butter milk, and brought the butter to a firme substance of it self, without any other moysture; which done, you shall take the butter from the water, and with a point of a knife scotch and slice the butter over and over every way, as thick as is possible, leaving no part through which your knife must not pass; for this will cleanse and fetch out the smallest hair or mote, or rag of a strainer, and any other thing which by casual means may happen to fall into it.

After this you shall spread the butter in a bowl thin, and take so much salt as you can think convenient, which must by no means be much for sweet butter, and sprinkle it there upon; then with your hands work the butter and the Salt exceeding well together, and then make it up either into dishes, pounds, or half pounds at your pleasure.

If during the month of *May* before you salt you butter you save a lump thereof, and put it into a vessel, and so set it into the Sun the space of that month, you shall find it exceeding soveraign and medicinable for wounds, strains, aches, and such like grievances. Of May Butter.

Touching the powdring up, or potting of butter, you shall by no means, as in fresh butter, wash the butter milk out with water, but only work it cleer out with your hands: for water will make the butter rusty, or reese: this done, you shall weigh your butter, and know how many pounds there is thereof: for should you weigh it after it were salted, you would be much deceived in the weight; which done you shall open the butter, and salt it very well and throughly, beating it in with your hand till it be generally dispersst through the whole butter: then take clean earthen pots, exceedingly well leaded, left the brine should leak through the same, and cast salt into the bottome of it: then lay in your butter, and presse it down hard within the same; and when your pot is filled, then cover the top thereof with salt, so as no butter be seen: then closing up the pot let it stand where it may be cold and safe: but if your Dairy be so little that you cannot at first fill up the pot, you shall then when you have potted up so much as you have, cover it all over with salt, and put the next quantity upon it till the pot be full.

Now

Now there be Houſwifes whoſe Dairies are great, can by no means conveniently have their butter contained in pots, as in *Holland*, *Suffolk*, *Norfolk*, and ſuch like, and therefore are firſt to take barrels very cloſe, and well made; and after they have ſalted it well, they fill their barrels therewith; then they take a ſmal ſtick clean, and ſweet, and therewith make divers holes down through the butter, even to the bottome of the barrel; and then make a ſtrong brine of water and ſalt which will bear an Egge, and after it is well boyl'd, well skimmed and cool'd, then pour it upon the top of the butter, till it ſwim above the ſame, and ſo let it ſettle. Someuſe to boyl in this brine a branch or two of Roſemary, and it is not amiſſe, but pleaſant and wholeſome.

When to pot butter.

Now although you may at any time betwixt *May* and *September* pot up butter, obſerving to doe it in the cooleſt time of the morning; yet the moſt principal ſeaſon of all is in the month of *May* only; for then the ayr is moſt temperate, and the butter will take ſalt the beſt, and the leaſt ſubject to reeſing.

The beſt uſe of butter milk for the ableſt Houſe-wife, is Charitably to beſtow it on the poor neighbours, whoſe wants doe daily crye out for ſuſtenance; and no doubt but ſhe ſhall find the profit thereof in a divine place, as well as in her earthly buſineſſe. But if her own wants command her to uſe it for her own good, then ſhe ſhall of her butter milk make Curds, in this manner: ſhe ſhall take her butter milk and put it into a clean earthen veſſel, which is much larger than to receive the butter-milk onely; and looking unto the quantity thereof, ſhe ſhall take as it were a third part ſo much of new milk, and ſet it on the fire, and when it is ready to riſe, take it off, and let it cool a little; then pown it into the butter milke in the ſame manner as you would make a poſſet; and having ſtirred it about, let it ſtand; then with a fine skummer, when you will uſe the curds (for the longer it ſtands, the better the curds will eate) take them up into a Cullander, and let the whey drop well from it, and then eat them either with Creame, Ale, Wine, or Beere; as for the Whey, you may keep it alſo in a ſweet ſtone veſſel; for it is that which is called Whig,

and

and it is an excellent cool drink, and wholeſome, and may very well be drunk a ſummer through, inſtead of any other drink; and without doubt, will ſlake the thirſt of any labouring man as well, if not better.

The next main profit which ariſeth from the Dairy, is Cheeſe, of which there be divers kinds, as new milk, or morrow milk Cheeſe, Nettle-cheeſe, Floaten-milk-cheeſe, and Eddiſh, or After-math-cheeſe, all which have their ſeveral ordering; and compoſitions, as you ſhall perceive by the diſcourſe following. Yet before I do beginne to ſpeak of the making of the Cheeſe, I will ſhew you how to order your *Cheeſlep-bag* or *Runnet*, which is the moſt principal thing wherewith your Cheeſe is compounded, and giveth the perfect taſte unto the ſame. Of Cheeſe.

The *Cheeſlep-bag*, or *Runnet*, is the *ſtomack bag* of a young ſucking Calf, which never taſted other food than milk, where the curd lyeth undigeſted. Of theſe bags you ſhall in the beginning of the year, provide your ſelfe good ſtore, and firſt open the bag, and powre out into a clean veſſel the curd and thick ſubſtance thereof; but the reſt which is not curdled you ſhall put away: then open the curd and pick out of it all manner of motes, chiers of graſſe, or other filth gotten into the ſame: then waſh the curd in ſo many cold waters, till it be as white and clean from all ſorts of moates as is poſſible; then lay it on a clean cloath that the water may draine from it, which done, lay it in another dry veſſel; then take a handful or two of ſalt, and rub the curd therewith exceedingly, then take your bag, and waſh it alſo in divers cold waters till it be very clean, and then put the curd and the ſalt up into the bag, the bag being alſo well rub'd within with ſalt; and ſo put it up, and ſalt the outſide alſo over, and then cloze up the pot cloſe, and ſo keep them a full year before you uſe them. For touching the hanging of them up in chimney corners, (as coorſe houſe-wifes doe) it is ſluttiſh, naught, and unwholſome; and the ſpending of your Runnet whilſt it is new, makes your Cheeſe heavy, and to prove hollow. Of the Cheeſe-lep bag or Runnet.

When your Runnet or Earning is fit to be uſed, you ſhall

ſeaſon

ſeaſon it after this manner; you ſhall take the bag you intend to uſe, and opening it, put the curd into a ſtone morter or a bowle, and with a wooden peſtle, or a rolling pin beat it exceedingly; then put to it the yolks of two or three egges, and half a pint of the thickeſt and ſweeteſt creame you can fleet from your milk, with a penny worth of Saffron finely dryed and beaten to powder, together with a little Cloves, and Mace, and ſtirre them all paſſing well together, till they appear but as one ſubſtance, and then put it up in the bag againe: then you ſhall make a very ſtrong brine of water and ſalt, and in the ſame you ſhall boyle a handful of Saxifrage, and then when it is cold, clear it into a clean earthen veſſel: then take out of the bag half a dozen ſpoonfuls of the former curd, and mixe it with the brine; then cloſing the bag up againe cloſe, hang it with the brine, and in any caſe alſo ſteep in your brine a few Walnut-tree leaves, and ſo keep your Runnet a fortnight after before you uſe it; and in this manner, dreſſe all your bags ſo, as you may ever have one ready after another, and the youngeſt a fortnight old ever at the leaſt; for that will make the earning quick and ſharp, ſo that foure ſpoonfuls thereof will ſuffice for the gathering and ſeaſoning of at leaſt twelve Gallons of milk, and this is the choyceſt and beſt earning which can poſſible be made by any Houſewife.

To make a new milk or morning milk cheeſe, which is the beſt cheeſe made ordinarily in our Kingdome; you ſhall take your milk early in the morning, as it comes from the Cow, and ſyle it into a clean Tub; then take all the Creame alſo from the milke you milk'd the evening before, and ſtraine it into your new milk: then take a pretty quantity of clean water, and having made it ſcalding hot, powr it into the milk, alſo to ſcald the creame and it together: then let it ſtand, and cool it with a diſh till it be no more than luke-warm; then goe to the pot where your earning bags hang, and draw from thence ſo much of the earning without ſtirring of the bag, as will ſerve for your proportion of milk, and ſtrain it therein very carefully; for if the leaſt mote of the curd of the earning fall into the cheeſe, it will make the cheeſe rot and mould;

mould ; when you earning is put in , you ſhall cover the milk , and ſo let it ſtand half an hour or thereabout ; for if the earning be good , it will come in that ſpace ; but if you ſee it doth not , then you ſhall put in more : being come, you ſhall with a diſh in your hand break and maſh the curd together, poſſing and turning it diverſly : which done , with the flat palmes of your hands very gently preſſe the curd downe into the bottome of the Tub ; then with a thin diſh take the whey from it as cleane as you can , and ſo having prepared your Cheeſe-fat anſwerable to the proportion of your curd, with both your hands joyned together , put your curd therein and break it , and preſſe it down hard into the fat, till you have fill'd it ; then lay upon the top of the curd your hard cheeſe-board, and a little ſmall weight thereupon , that the whey may drop from it into the under veſſel ; when it hath done dropping, take a large Cheeſe-cloth , and having wet it in the cold water , lay it on the Cheeſe-boord , and then turn the Cheeſe upon it ; then lay the cloth into the Cheeſe-fat, and ſo put the Cheeſe therein againe , and with a thinne ſlice thruſt the ſame down cloſe on every ſide : then laying the cloth alſo over the top to lay on the Cheeſe-boord , and ſo carry it to your great preſſe , and there preſs it under a ſufficient weight : after it hath been there preſt half an hour , you ſhall take it, and turn it into a dry cloth , and put it into the preſſe againe , and thus you ſhall turne it into dry cloths at leaſt five or ſix times in the firſt day , and ever put it under the preſſe againe , not taking it therefrom till the next day in the evening at ſooneſt , and the laſt time it is turned , you ſhall turne it into the dry fat without any cloth at all.

When it is preſt ſufficiently , and taken from the fat, you ſhall then lay it in a Kimnel , and rub it firſt on the one ſide, and then on the other with ſalt , and ſo let it lie all that night, then the next morning you ſhall doe the like againe , and ſo turn it out upon the brine , which comes from the ſalt two or three dayes more , according to the bigneſſe of the Cheeſe, and then lay it upon a fair Table or ſhelf to dry , forgetting not every day once to rub it all over with a clean cloth,

and

and then to turn it till ſuch time that it be throughly dry, and fit to go into the Cheeſe-heck: and in this manner of drying, you muſt obſerve to lay it firſt where it may dry haſtily, and after where it may dry at more leaſure: thus may you make the beſt and moſt principal Cheeſe.

A cheeſe of two meals.

Now if you will make a Cheeſe of two meales, as your mornings new milk, and the evenings cream milk, all you ſhall do, Is but the ſame formerly rehearſed. And if you will make a ſimple morrow milk Cheeſe, which is all of new milk, and nothing elſe, you ſhall then do as is before declared, onely you ſhall put in your earning ſo ſoon as the milk is fil'd, (if it have any warmth in't) and not ſcald it: but if the warmth be loſt, you ſhall put it into a kettle, and give it the air of the fire.

Cheeſe of one meale.

Of Nettle cheeſe.

If you will have a very dainty nettle Cheeſe, which is the fineſt ſummer cheeſe which can be eaten; you ſhall doe in all things as was formerly taught in the new milk cheeſe compound: Onely you ſhall put the curd into a very thin Cheeſe-fat, not above half an inch, or a little better deep at the moſt, and then when you come to dry them, as ſoon as it is drained from the brine, you ſhall lay it upon freſh nettles, and cover it all over with the ſame, and ſo lying where they may feel the aire, let them ripen therein, obſerving to renew your nettles once in two dayes, and every time you renew them, to turn the Cheeſe or Cheeſes, and to gather your nettles as much without ſtalkes as may be, and to make the bed both under and aloft as ſmooth as may be, for the more even and fewer wrinkles that your cheeſe hath, the more dainty is your Houſe-wife accounted.

Of floaten milk cheeſe.

If you will make floaten milk cheeſe, which is the coorſeſt of all cheeſe, you ſhall take ſome of the milk, and heat it upon the fire to warm all the reſt; but if it be ſoure, that you dare not adventure the warming of it for fear of breaking, then you ſhall heat water, and with it warm it; then put in your earning as before ſhewed, and gather it, preſs it, ſalt it, and dry it, as you did all other Cheeſes.

Of Eddiſh cheeſe.

Touching your Eddiſh Cheeſe, or Winter Cheeſe, there is not any difference betwixt it and your ſummer Cheeſe, touching

ing the making thereof onely, becauſe the ſeaſon of the year denieth a kindly drying or hardning thereof, it differeth much in taſte, and will be ſoſe alwaies; and of theſe eddiſh Cheeſes you may make as many kinds as of Summer Cheeſes, as of one meale, two meales, or of milk that is ſloaten.

When you have made your Cheeſe, you ſhall then have care of the Whey, whoſe generall uſe differeth not from that of Butter-milk, for either you ſhall preſerve it to beſtow on the poor, becauſe it is a good drink for the labouring man, or keep it to make curds out of it, or laſtly, to nouriſh and bring up your Swine.

If you will make curds of your beſt Whey, you ſhall ſet it upon the fire, and being ready to boyl, you ſhall put into it a pretty quantity of Butter milk, and then as you ſee the Curds ariſing up to the Top of the Whey, with a ſkimmer ſkim them off, and put them into a Cullender, and then put in more Butter-milk, and thus doe whilſt you can ſee any Curds ariſe; then the Whey being drained clean from them, put them into a clean veſſel, and ſo ſerve them forth as occaſion ſhall ſerve. Of whey curds.

CHAP. VII.

The Office of the Malt, and the ſeverall ſecrets, and knowledges belonging to the making of Malt.

IT is moſt requiſite and fit, that our *Houſe-wife* be experienced and well practiſed in the well making of Malt, both for the neceſſary and continuall uſe thereof; as alſo for the generall profit which accreweth and ariſeth to the *Husband*, *Houſe-wife*, and the whole Family; for as from it is made the drink by which the Houſhold is nouriſhed and ſuſtained, ſo to the fruitfull Husband-man, (who is the Maſter of rich ground, and much Tillage) it is an excellent Merchandize, and a commodity of ſo great Trade, that not onely ſeverall Towns and Countries are maintained thereby, but alſo the whole Kingdome, and divers others of our neighbouring Na-

tion. This office or place of knowledge belongeth particularly to the Houſe-wife; and though we have many excellent Men-malſters, yet it is properly the work and care of the woman, for it is a houſe-work, and done altogether within dores, where generally lyeth her charge; the man only ought to bring in, and to provide the grain, and excuſe from her portage or too heavy burthens, but for the Art of making the Malt, and the ſeverall labours appertaining to the ſame, even from the Fat to the Kiln, it is onely the work of the Houſe-wife, and the Maid-ſervants to her appertaining.

To begin then with the firſt knowledge of our Maltſter, it conſiſteth in the election and choiſe of grain, fit to make Malt on, of which there are indeed truly but two kinds, that is to ſay, Barley, which is of all other the moſt excellent for this purpoſe; and Oates, which when Barley is ſcant or wanting, maketh alſo a good and ſufficient Malt: and though the drink which is drawn from it, be neither ſo much in the quantity, ſo ſtrong in the ſubſtance, nor yet ſo pleaſant in the taſte, yet is the drink very good and tolerable, and nouriſhing enough for any reaſonable creature. Now I do not deny, but there may be made Malt of Wheat, Peaſe, Lupins, Fetches, and ſuch like, yet it is with us of no retained cuſtom, nor is the drink ſimply drawn or extracted from thoſe grains, either wholeſome or pleaſant, but ſtrong and fulſome: therefore I think it not fit to ſpend any time in treating of the ſame. To ſpeak then of the election of Barly, you ſhall underſtand that there be divers kinds thereof, according to the alteration of ſoyles, ſome being big, ſome little, ſome empty, ſome full, ſome white, ſome brown, and ſome yellow: but I will reduce all theſe into three kinds, that is, into the Clay Barley, the Sandy-Barly, and the Barly which groweth on the mixt ſoyl. Now the beſt Barly to make Malt on, both for yeelding the greateſt quantity of matter, and making the ſtrongeſt, beſt, and moſt wholeſome drink, is the Clay Barley well dreſt, being clean Corne of it ſelfe, without Weed or Oates, white of colour, full in ſubſtance, and ſweet in taſte: that which groweth on the mixt grounds is the next; for though it be ſubject to

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ſome Oates and ſome Weeds: yet being painfully and carefully dreſt, it is a fair and boll'd Corn, great and full; and though ſomewhat browner than the former, yet it is of a fair and clear complexion. The laſt and worſt grain for this purpoſe is the Sand Barly, for although it be ſeldome or never mixt with Oates, yet if the Tillage be not painfully and cunningly handled, it is much ſubject to weeds of divers kinds, as Tares, Fetches, and ſuch like, which drink up the Liquor in the brewing, and make the yeeld or quantity thereof very little and unprofitable: beſides the grain naturally of it ſelf hath a yellow, withered, empty huſk, thick and unfurniſhed of meal, ſo that the drink drawn from it, can neither be ſo much, ſo ſtrong, ſo good, nor ſo pleaſant; ſo that to conclude, the clean Clay Barley is beſt for profit in the ſale drink, for ſtrength and long laſting.

The Barley in the mixt grounds will ſerve well for Houſholds and Families: and the ſandy barley for the poor, and in ſuch places where better is not to be gotten. And theſe are to be known of every *Husband* or *Houſe-wife*: the firſt by his whiteneſs, greatneſs, and fulneſs; the ſecond by his browneneſs; and the third by his yellowneſs, with a dark brown nether end, and the emptineſs, and thickneſs of the huſk: and (in this election of barly) you ſhall note, that if you find in it any wild Oats, it is a ſigne of rich clay ground, but ill Husbanded; yet the malt made thereof is not much amiſs, for both the wild Oat and the perfect Oat give a pleaſant ſharp reliſh to the drink, if the quantity be not too much, which is evermore to be reſpected. And to conclude this matter of election, great care muſt be had of both *Husband* and *Houſe-wife*, that the barley choſen for malt, be exceeding ſweet, both in ſmell and taſte, and very clean dreſt: for any corruption maketh the malt loathſome, and the foul dreſſing affordeth much loſſe.

Of the Malt-houſe, and the ſituation.

After the skilfull election of grain for malt, the *Houſe-wife* is to look to the ſituation, goodneſſe and apt accommodation of the Malt-houſe: for in that conſiſteth both much of the skill, and much of the profit: for the generall ſituation of the houſe, it would (as near as can be) ſtand upon firm dry ground, having proſpect every way, with open Windows and Lights to let in the

Wind, Sun and Ayr, which way the Master pleaseth, both to cool and comfort the grain at pleasure, and also close-shuts, or draw-windowes to keep out the Frosts and Storms, which are the only lets and hinderances for making the malt good and perfect: for the model or form of the houses, some are made round, with a Court in the middle, some long, and some square, but the round is the best, and the least laborious; for the Cesterns or Fats being placed (as it were) at the head or beginning of the Circle, and the Pump or Well, (but the Pump is best) being close adjoyning, or at least by conveyance of troughs made as usefull as if it were neer adjoyning, the Corn being steept, may with one persons labour and a shovell, be cast from the Fat or Cesterns to the floor, and there coucht; then when the couch is broken, it may in the turning either with the hand or the shovell be carried in such a circular house round about from one floor to another, till it come to the Kiln, which would also be placed next over against the Pump and Cesterns, and all contained under one roof.

And thus you may empty steeping after steeping, and carry them with one persons labour from floor to floor, till all the floors be filled: in which circular motion you shall find, that ever that which was first steept, shall first come to the Kiln, and so consequently one after another, in such sort as they were steeped, and your work may evermore be constant, and your floors at no time empty, but at your owne pleasure, and all the labour done onely with the hand and shovell, without carrying or re-carrying, or lifting heavy burthens, which is both troublesom and offensive, and not without much losse; because in such cases ever some grain scattereth.

Now over against the Kilne-hole or Furnace, (which is evermore intended to be on the ground) should a convenient place be made to pile the fewell for the Kiln, whether it be Straw, Bracken, Furres, Wood, Coal, or other fewell; but sweet Straw is of all other the best and neatest. Now it is intended that this *Malt-house* may be made two stories in height, but no higher: over your Cesterns shall be made the Garners wherein to keep your Barley before it be steeped: in the bottoms of these Garners, standing directly over the Cesterns, shall be

be convenient holes made to open and ſhut at pleaſure, through which ſhall run down the barley into the Ceſtern.

Over the bed of the Kiln can be nothing but the place for the hair cloth, and a ſpacious roof open every way that the ſmoke may have a free paſſage and with the leaſt air be carried from the kiln, which maketh the malt ſweet and pleaſant. Over that place where the fewel is piled, and is next of all to the bed of the kiln, would likewiſe be other ſpacious Garners made, ſome to receive the Malt as ſoon as it is dryed with the Comb and Kilne duſt, in which it may lye to mellow and ripen, and others to receive the malt after it is skreened and dreſt up; for to let it be too long in the Comb, as above three months at longeſt, will make it both corrupt, and breed Weevels and other worms, which are the greateſt deſtroyers of malt that may be. And theſe Garners ſhould be ſo conveniently plac't before the front of the Kiln bed, that either with the ſhovel or a ſmall ſcuttle you may caſt, or carry the malt once dryed into the Garners.

For the other part of the floores, they may be employed as the ground floores are, for the receiving of the malt when it comes from the Ceſtern; and in this manner, and with theſe accommodations you may faſhion any Malt-houſe, either round, long ſquare, or of what proportion ſoever, as either your eſtate, or the convenience of the ground you have to build on ſhall adminiſter. Of Malt-floors.

Next to the ſite or proportion of the ground, you ſhall have a principal care for the making of your malt floors, in which *all the cuſtome and the nature of the ſoyl binds many times a man to ſundry inconveniences, and that a man muſt neceſſarily build according to the matter he hath to build withall, from whence ariſeth the many diverſities of Malt floores*, yet you ſhall underſtand, that the generall beſt Malt floor both for Summer and Winter and all ſeaſons, is the Cave or vaulted Arch which is hewed out of a dry and main gretty Rock, for it is both warm in Winter, and cool in Summer, and generally comfortable in all ſeaſons of the year whatſoever. For it is to be noted, that all *Houſewives* doe give over the making of malt in the extream heat of Summer, it is not becauſe the Malt is worſe that is made in ſummer than that which is made in Winter, but becauſe the floores are more unſeaſonable, and that the Sun getting a power into ſuch open

places, maketh the grain which is ſteeped to ſprout and come ſo ſwiftly, that it cannot indure to take time on the floor, and get the right ſeaſoning which belongeth to the ſame: whereas theſe kind of vaults being dry, and as it were coucht under the ground, not onely keepeth out the Sun in Summer, which maketh the Malt come much too faſt, but alſo defendeth it from froſt, and cold bitter blaſts in ſharp Winter, which will not ſuffer it to come, or ſprout at all; or if part do come and ſprout, as that which lyeth in the heart of the bed; yet the upper parts and outſide by means of extream cold cannot ſprout, but being again dryed hath its firſt hardneſs, and is one and the ſame with raw barley; for every *Houſewife* muſt know, that if Malt do not come as it were altogether, and at an inſtant, and not one come more than another, the Malt muſt needs be very much imperfect.

The next floor to the Cave, or dry Sandy Rock, is the floore which is made of earth, or a ſtiff ſtrong binding clay well watered, and mixt with Horſe-dung and Soap-aſhes, beaten and wrought together, till it come to one ſolid firmneſſe; this floor is a very warme comfortable Floore in the Winter ſeaſon, and will help the graine to come and ſprout exceedingly, and with the help of windows to let in the cold ayr, and to ſhut out the violent reflection of the Sun, will ſerve very conveniently for the making of Malt, for nine months in the year, that is to ſay from *September* till the end of *May*; but for *June*, *July*, and *Auguſt*, to imploy it to that purpoſe, will breed both loſs and incumbrance. The next floor to this of the earth, is that which is made of *plaſter*, or *plaſter of Paris*, being burnt in a ſeaſonable time, and kept from wet, till the time of ſhooting; and then ſmoothly laid, and well levelled; the imperfection of the *plaſter floor* is onely the extreame coldneſſe thereof, which in frofty and cold ſeaſon ſo bindeth in the heart of the Grain, that it cannot ſprout, for which cauſe it behoveth every Malſter that is compelled to theſe floors, to look well unto the ſeaſons of the year, and when he findeth either the froſts, Northern blaſts, or other nipping ſtorms to rage too violently, then to make his firſt couches or beds, when the Grain commeth newly out of the Ceſtern, much thicker and rounder than otherwiſe he would do; and as the cold abateth, or the corn increaſeth in

ſprouting

ſprouting, ſo to make couches or beds thinner and thinner; for the thicker and cloſer the grain is coucht and laid together, the warmer it lyeth, and ſo catching heat, the ſooner it ſprouteth, and the thinner it lyeth, the cooler it is, and ſo much the ſlower in ſprouting. This floor, if the windows be cloſe, and guard off the Sun ſufficiently, will (if neceſſity compel) ſerve for the making of Malt ten months in the year; only in *July* and *Auguſt* which contain the Dog dayes, it would not be employed, nor in the time of any froſt, without great care and circumſpection.

Again, there is in this floor another fault, which is a naturall caſting out of duſt, which much ſullieth the grain; and, being dryed, makes it look dun and foul, which is much diſparagement to the malſter; therefore ſhe muſt have great care that when the malt is taken away, ſhe ſweep and keep her floors as clean and neat as may be. The laſt and worſt is the boarded floor, of what kind ſoever it be, by reaſon of the too much heat thereof, and yet of boarded floores the Oaken boarded is the cooleſt and longeſt laſting; the Elme or Beech is next, then the Aſh, and the worſt (though it be the faireſt to the Eye) is the Firre, for it hath in it ſelf (by reaſon of the Frankincenſe and Turpentine which it holdeth) a naturall heat, which mixed with the violence of the Sun in the Summer time, forceth the grain not only to ſprout but to grow in the couch, which is much loſſe, and a fowl imputation. Now theſe boarded floors can hardly be in uſe for above five months at the moſt, that is to ſay, *October*, *November*, *December*, *January*, and *February*; for the reſt, the Sun hath too much ſtrength, and theſe boarded floores too much warmth; and therefore, in the cooleſt times it is good to obſerve to make the couch thin, whereby the ayr may paſs through the corn, and ſo cool it, that it may ſprout at leiſure.

Imperfect floors.

Now for any other floor beſides theſe already named, there is not any good, to malt upon: for the common floor which is of natural earth, whether it be Clay, Sand, or Gravell, if it have no mixture at all with it more than its own nature, by oft treading upon it, groweth to gather the nature of ſaltneſſe, or Salt-peter into it, which not onely giveth an ill taſte to the grain that is laid upon the ſame, but alſo his moyſture and mouldineſs

dineſs, which in the moiſt times of the year ariſe from the ground, it often corrupteth and putrifieth the corn; the rough paved floor by reaſon of the unevenneſſe, is unfit to malt on, becauſe the grain getting into the crannies, doth there lye, and is not removed or turned up and down as ſhould be with the hand, but many times is ſo fixed to the ground that it ſprouteth and groweth up into a green blade, affording much loſs and hinderance to the owner.

The ſmooth paved floor, or any floore of ſtone whatſoever is full as ill; for every one of them naturally againſt much wet or change of weather, will ſweat and diſtill forth ſuch abundant moiſture, that the malt lying upon the ſame, can neither dry kindly, nor expel the former moyſture received in the ceſtern, but alſo by that over much moiſture many times rotteth, and comes to be altogether uſeleſſe. Laſtly for the floore made of lime and hair, it is as ill as any formerly ſpoken of, both in reſpect of the nature of the Lime, whoſe heat and ſharpneſſe is a main enemy to malt, or any moiſt corn, as alſo in reſpect of the weakneſſe and brittleneſſe of the ſubſtance thereof, being apt to molder and fall in pieces with the lighteſt treading on the ſame, and that lime and duſt once mixing with the corn, it doth ſo poyſon and ſuffocate it, that it neither can ſprout, nor turn ſerviceable for any uſe.

Of the Kiln and the building the reof.

Next unto the Malt-floores, our Malſter ſhall have a great care, in the framing and faſhioning of the Kiln, of which there are ſundry ſorts of models, as the ancient forme which was in times paſt uſed of our fore fathers being only made in a ſquare proportion at the top, with ſmall ſplints or rafters, joyned within four inches one of another going from a maine beam croſſing the mid part of that great ſquare: then is this great ſquare from the top, with good and ſufficient ſtuds to be drawn ſlope-wiſe narrower and narrower, till it come to the ground, ſo that the harth or loweſt part thereof may not be above a ſixth part to the great ſquare above, on which the malt is laid to be dryed; and this harth ſhall be made hollow and deſcending, and not level nor aſcending; and theſe Kilns do not hold any certain quantity in the upper ſquare, but may ever be according to the frame of the houſe, ſome being thirty foot each way

way, ſome twenty, and ſome eighteen. There be other Kilnes which are made after this manner open and ſlope, but they are round of proportion; but both theſe kinds of Kilns have one fault, which is danger of fire; for lying every way open and apt for the blaze, if the *Malſter* be any thing negligent, either in the bouting of the blaze low and forward, or not ſweeping every part about the harth any thing that may take fire, or fore-ſeeing that no ſtraws which do belong to the bedding of the Kiln do hang down or are looſe, whereby the fire may take hold of them, it is very poſſible that the Kiln may be ſet on fire; to the great loſs and often undoing of the owners.

Which to prevent, and that the *Malſter* may have better aſ- The perfect
ſurance and comfort in her labour, there is a Kiln now of ge- Kiln.
neral uſe in this Kingdome, which is call'd a *French* Kiln, being framed of a brick, aſhler, or other fire ſtone, according to the nature of the ſoyl in which Husbands and Houſewives live: and this french Kiln is ever ſafe and ſecure from fire; and whether the Malſter wake or ſleep, without extream wilfull negligence, there can no danger come to the Kilne; and in theſe Kilns may be burnt any kind of fewel whatſoever, and neither ſhall the ſmoak offend or breed ill taſte in the malt, nor yet diſcolour it, as many times it doth in open Kilnes, where the malt is as it were covered all over, and even parboyl'd in ſmoke, ſo that of all ſorts of Kilnes whatſoever, this which is called the french Kiln, is to be preferred and only embraced. Of the forme or modell whereof, I will not here ſtand to treat, becauſe they are now ſo generally frequent amongſt us, that no Maſon or Carpenter in the whole Kingdome but can build the ſame; ſo that to uſe more words thereof were tedioufneſſe to little purpoſe. Now there is another kind of Kiln, which I have ſeene (and but in the Weſt Country onely) which for the profitable quaintneſſe thereof, I took ſome ſpecial note of, and that was a Kiln made at the end of a Kitchin Raunge or Chimney, being in ſhape round, and made of brick, with a little hollowneſſe narrowed by degrees, into which came from the bottome and midſt of the Kitchin chimney a hollow tunnel or vault, like the tunnel of a Chimney, and ran directly on the back ſide the hood, or back of the Kitchin chimney; then in the midſt of the chimney where the

the greateſt ſtrength of the fire was made, was a ſquare hole made of about a foot and half every way, with an iron thick plate to draw to and fro, opening and cloſing the hole at pleaſure; and this hole doth open only into that tunnel which went to the Kiln, ſo that the malt being once laid, and ſpread upon the Kiln; draw away the Iron plate, and the ordinary fire with which you dreſſe your meat, and perform other neceſſary buſineſſe, is ſuckt up into this tunnel, and ſo conveyeth the heat to the Kiln, where it dryeth the malt with as great perfection as any Kiln I ſaw in my life, and needeth neither attendrance or other ceremony more, than once in five or ſixe houres to turn the malt, and take it away when it is dryed ſufficiently: for it is here to be noted, that how great or violent ſoever the fire be, which is in the chimney, yet by reaſon of the paſſage, and the quantity thereof, it carrieth no more than a moderate heat to the Kiln; and for the ſmoak, it is ſo carried away in other loop-holes which run from the hollowneſſe between the tunnel, and the Malt-bed, that no malt in the World can poſſibly be ſweeter or more delicately coloured: only the fault of theſe Kilns are, that they are but little in compaſs, and ſo cannot dry much at a time, as not above a quarter or ten ſtrikes at the moſt in one drying, and therefore are no more but for a mans own particular uſe, and for the furniſhing of one ſetled Family; but ſo applyed, they exceed all the Kilns that I have ſeen whatſoever.

Bedding of the Kiln.

When our *Malſter* hath thus perfected the Malt houſe and Kiln, then next look to the well bedding of the Kiln, which is diverſly done according to mens divers opinions: for ſome uſe one thing, and ſome another, as the neceſſity of the place, or mens particular profits draw them.

But firſt to ſhew you what the bedding of a *Kiln* is, you ſhall underſtand that it is a thin covering laid upon the open rafters, which are next unto the heat of the fire, being made either ſo thin, or ſo open, that the ſmalleſt heat may paſſe through it, and come to the corn: this bed muſt be laid ſo even and level as may be, and not thicker in one place than another, leſt the Malt dry too faſt where it is thinneſt, and too ſlowly where it is thick, and ſo in the taſte ſeem to be of two ſeveral dryings.

It

It muſt alſo be made of ſuch ſtuff, as having received heat, it will long continue the ſame, and be aſſiſtant to the fire in drying the corn; it ſhould alſo have in it no moiſt or darkiſh property, leſt at the firſt receiving of the fire it ſend out a ſtinking ſmoak, and ſo taint the malt; nor ſhould it be of any rough or ſharp ſubſtance, becauſe upon this bed or bedding is laid the hair cloath, and on the hair cloth the M lt, ſo that with the turning the Malt and treading upon the cloth, ſhould the bed be of any ſuch roughneſſe, it would ſoon wear out the hair cloth, which would be both loſſe and ill *Houſewifery*, which is carefully to be eſchewed.

But now for the manner or ſubſtance whereof this bedding ſhould be made, the beſt, neateſt, and ſweeteſt, is clean long Rye ſtraw, with the eares onely cut off, and the ends laid even together, not one longer than another, and ſo ſpread upon the rafter of the Kilne as even and thinne as may be, and laid as it were ſtraw by ſtraw in a juſt proportion, where skill and induſtry may make it thin or thick at pleaſure, as but the thickneſſe of one ſtraw, or of two, three, four or five, as ſhall ſeem to your judgement moſt convenient; and than this, there can be nothing more even, more dry, ſweet, or open to let in the heat at your pleaſure; and although in the old open Kilnes it be ſubject to danger of fire, by reaſon of the quickneſſe to receive the flame, yet in the french Kilnes (before mentioned) it is a moſt ſafe bedding, for not any fire can come neer unto it. There be others which bed the Kilne with Mat; and it is not much to be miſliked, if the Mat be made of Rye ſtraw ſowed, and woven together according to the manner of the *Indian mats*, or thoſe uſual thin *Bent Mats*, which you ſhall commonly ſee in the Summer time ſtanding in *Huſbandmens* Chimneyes, where one bent or ſtraw is laid by another, and ſo woven together with a good ſtrong pack-thread: but theſe *Mats* according to the old Proverb (*Moſt coſt, moſt worſhip*) for they are chargeable to be bought, and very troubleſome in the making, and in the wearing will not out-laſt one of the former looſe beddings; for if one thread or ſtitch break, immediately moſt in that row will follow: onely it is moſt certain, that during the time it laſteth, it is both

both good, neceſſary and handſome. But if the *Mat* be made either of Bulruſhes, Flags, or any other thick ſubſtance (as for the moſt part they are) then it is not ſo good a bedding, both becauſe the thickueſſe keepeth out the heat, and is long before it can be warmed ; as alſo in that it ever being cold, naturally of it ſelf draweth into it a certain moiſture, which with the firſt heat being expelled in ſmoak, doth much offend and breed ill taſte in the *Malt*. There be others that bed the Kilne with a kind of *Mat* made of broad thinne ſplints of wood wrought Checker-wiſe one into another, and it hath the ſame faults which the thick *Mat* hath ; for it is long in catching the heat, and will ever ſmoak at the firſt warming, and that ſmoak will the *Malt* ſmell on ever after ; for the ſmoak of *wood* is ever more ſharp and peircing then any other ſmoak whatſoever.

Beſides, this *Woodden-Mat*, after it hath once bedded the Kiln, it can hardly afterward be taken up or removed ; for buy continual heat, being brought to ſuch an extream dryneſſe, if upon any occaſion either to mend the Kiln, or cleanſe the Kiln, or do other neceſſary labour underneath the bedding, you ſhall take up the *woodden mat*, it would preſently crack, and fall to pieces, and be no more ſerviceable.

There be others which bed the Kiln with a bedding made all of *Wickers*, of ſmall wands folded one in another like a hurdle, or ſuch wand work ; but it is made very open, every wand at leaſt two or three fingers one from another ; and this kind of bedding is a very ſtrong kind of bedding, and will laſt longeth, and catcheth the heat at the firſt ſpringing, onely the ſmoak is offenſive, and the roughneſſe without great care uſed, will ſoon wear out your hair cloth ; yet in ſuch places where *ſtraw* is not to be got or ſpared, and that you are compelled only to uſe *wood* for your fewel in drying your Malt, I allow this bedding before any other, for it is very good, ſtrong, and long laſting : Beſides, it may be taken up and ſet by at pleaſure, ſo that you may ſweep and cleanſe your Kilne as oft as occaſion ſhall ſerve, and in the neat and fine keeping of the Kiln, doth conſiſt much of the *Houſe-wives* Art ; for to be choakt either with duſt, durt, ſoot or aſhes, as it ſhewes ſluttiſhneſs

tiſhneſs and ſloth, the onely great imputations hanging over a *Houſe-wife*, ſo likewiſe they hinder the labour, and make the malt dry a great deal worſe, and more unkindly.

Of fewel for the drying of Malt.

Next the Bedding of the Kilne, our Malſter by all means muſt have an eſpeciall care with what fewel ſhe dryeth the Malt? for commonly, according to that, it ever receiveth and keepeth the taſte, if, by ſome ſpeciall Art in the Kiln, that annoyance be not taken away. To ſpeak then of fewels in generall, there are of divers kinds according to the natures of ſoyles, and the accommodation of places in which men live; yet the beſt and moſt principal fewel for the Kilnes, (both for ſweetneſſe, gentle heat, and perfect drying) is either good Wheat-ſtraw, Rye-ſtraw, Barley-ſtraw, or Oaten-ſtraw; and of theſe the Wheat ſtraw is the beſt, becauſe it is moſt ſubſtantial, longeſt laſting, makes the ſharpeſt fire, and yields the leaſt flame; The next is Rye-ſtraw, then Oaten-ſtraw, and laſt Barley ſtraw, which by reaſon it is ſhorteſt, lighteſt, leaſt laſting, and giveth more blaze than heat, it is laſt of theſe white ſtraws to be choſen; and where any of theſe faile or are ſcarce, you may take the ſtubble or after crop of them, when the upper part is ſhorn away; which being well dryed and houſed, is as good as any of the reſt already ſpoken of, and leſſe chargeable, becauſe it is not fit for any better purpoſe, as to make fodder, manure, or ſuch like, or more than ordinary thatching, and ſo fitteſt for this purpoſe. Next to theſe white ſtrawes, your long Fen Ruſhes, being very exceedingly well withered and dryed, and all the ſappy moyſture gotten out of them, and ſo either ſafely houſed or ſtacked, are the beſt fewel; for they make a very ſubſtantial fire and much laſting, neither are apt to much blazing, nor the ſmoak ſo ſharp or violent, but may very well be endured: where all theſe are wanting, you may take the Straw of Peaſe, Fetches, Lupins, or Tares, any of which will ſerve, yet the ſmoke is apt to taint, and the fire without prevention dryeth too ſodainly and ſwiftly. Next to theſe is clean Bean ſtraw, or ſtraw mixt of Beanes and Peaſe together; but this muſt be handled with great diſcretion, for the ſubſtance containeth ſo much heat, that it will rather burn than dry, if it be not moderated, and the ſmoke is alſo much offenſive

offensive. Next to this Bean straw, is your Furs, Gorse, Whins, or small Brush-wood, which differeth not much from Bean straw; onely the smoake is much sharper, and tainteth the Malt with a much stronger savour. To these I may adde Braken or Brakes, Ling, Heath, or Broom, all which may serve in time of necessity, but each one of them have this fault, that they adde to the Malt an ill taste or savour. After these I place wood of all sorts, for each is a like noysome, and if the smoke which commeth from it touch the Malt, the infection cannot be removed; from whence amongst the best Husbands hath sprung this Opinion, that when at any time drink is ill tasted, they say straight, it was made of Wood dryed malt. And thus you see the generality of fuels, their vertues, faults, and how they are to be imployed. Now for Coale of all kindes; Turf, or Peate, they are not by any meanes to be used under Kilnes, except where the furnaces are so subtilly made that the smoak is conveyed a quite contrary way, and never commeth neere the malt; in that case it skilleth not what fuel you use, so it be durable and cheap, it is fit for the purpose: onely great regard must be had to the gentlenesse of the fire, for, as the old Proverb is, (Soft fire makes sweet Malt) so too rash and hasty a fire scorcheth and burneth it, which is called among Malsters Fire-fangd; and such Malt is good for little or no purpose: therefore to keep a temperate and true fire, is the only Art of a most skilfull Malster.

When the Kiln is thus made, and furnished of all necessaries duely belonging to the same, you Maltsters next care shall be to the fashioning and making of the Garners, Hutches, or Holds, in which both the malt after it is dryed, and the Barly before it be steeped, is to be kept and preserved; and these Garners or Safes for Corne are made of diverse fashions, and diverse matters, as some of Boords, some of Bricks, some of Stone, some of Lime and Haire, and some of Mud, Clay, or Loame: but all of these have their severall faults; for wood of all kinds breedeth Weevel and Wormes which destroy the Grain, and is indeed much too hot: for although malt would ever be kept passing dry, yet never so little overplus of heat withers it, and takes away the vertue; for as moisture rots and

corrupts

corrupts it, ſo heat takes away and decayeth the ſubſtance. Brick, becauſe it is laid with Lime, is altogether unwholeſome; for the Lime being apt at change of weather to ſweat, moiſtneth the grain, and ſo tainteth it; and in the dryeſt Seaſons with the ſharp hot taſte, doth fully as much offend it: thoſe which are made of Stone, are much more noyſome, both in reſpect of the reaſons before rehearſed; as alſo in that all Stone of it ſelf will ſweat, and ſo more and more corrupteth the grain which is harboured in it. Lime and haire being of the ſame nature, carrieth the ſame offences, and is in the like ſort to be eſchewed. Now for Mudde, Clay, or Loame, in as much as they muſt neceſſarily be mixt with Wood, becauſe otherwiſe of themſelves, they cannot knit or bind together; and beſides, that the Clay or Loame muſt be mixt either with chopt hay, chopt ſtraw, or chopt Litter, they are as great breeders of Wormes and Vermine as wood is, nor are they defences againſt Mice, but eaſie to be wrought through, and ſo very unprofitable for any Huſband or Houſe-wife to uſe. Beſides, they are much too hot, and being either in a cloſe houſe, neere the Kilne, or the backe, or face of any other Chimney, they dry the Corn too ſore, and make it dwindle and wither, ſo that it neither filleth the buſhell, nor enricheth the Liquor, but turnes to loſſe every way. The beſt Garner then that can be made both for ſafety and profit, is to be made either of broken tile-ſhread, or broken bricks, cunningly and eeven lavd and bound together with Plaſter of Paris, or our ordinary Engliſh Plaſter, or burnt Alabaſter, and then covered all over both within and without, in the bottome and on every ſide, at leaſt three fingers thick with the ſame Plaſter, ſo as no bricke or tyle-ſhread may by any means be ſeen, or come neere to touch the Corne; and theſe Garners you may make as big, or as little as you pleaſe, according to the frame of your houſe, or place of moſt convenience for the purpoſe, which indeed would ever be as neere the Kilne as may be, that the ayre of the fire in the dayes of drying, may come unto the ſame, or elſe neere the backs or ſides of Chimnies, where the ayre thereof may correct the extream coldneſſe of the plaſter, which of all things that are bred in the earth, is the

coldeſt

coldeſt thing that may be, and yet moſt dry, and not apt to ſweat or take moyſture, but by ſome violent extremity; neither will any worm or vermine come near it, becauſe the great coldneſſe thereof is a mortall enemy to their natures; and ſo the ſafeſt and longeſt, theſe Garners of plaſters, keep all kind of Grain and Pulſe in the beſt perfection.

The making of ceſterns.

After theſe Garners, Hutches, or large Keeps for Corn are perfitted and made, and fitly adjoyned to the Kiln, the next thing that our Maltſter hath to look unto, is the framing of the Fats or Ceſterns wherein the Corn is to be ſteeped: and they are of two ſorts, that is, either of Coopers work, being great Fats of wood, of elſe of Maſons work, being Ceſternes made of ſtone; but the Ceſtern of ſtone is much the better: for beſides, that theſe great Fats of Wood are very chargeable and coſtly (as a Fat to containe four quarters of Graine, which is but two and thirty buſhels, cannot be afforded under twenty ſhillings) ſo likewiſe they are very caſuall and apt to miſchance and ſpilling; for, and beſides their ordinary wearing, if in the heat of Summer, they be never ſo little neglected without water, and ſuffered to be over-dry, it is tenne to one but in the Winter they will be ready to fall in pieces; and if they be kept moyſt, yet if the water be not oft ſhifted and preſerved ſweet, the Fatte will ſoon taint, and being once grown faulty, it is not onely irrecoverable, but alſo whatſoever commeth to be ſteeped in it after, will be ſure to have the ſame ſavour; beſides the wearing and breaking of Garthes, and Plugs, the binding, cleanſing, ſweetning, and a whole World of other troubles and charges doth ſo daily attend them, that the benefit is a great deal ſhort of the incumbrance; whereas the ſtone Ceſtern is ever ready and uſefull, without any vexation at all; and being once well and ſufficiently made, will not need trouble or reparation, (more than ordinary waſhing) ſcarce in a hundred years.

Now the beſt way of making theſe Male Ceſterns, is to make the bottoms and ſides of good tyle-ſtreads fixed together with the beſt Lime and Sand, and the bottom ſhall be raiſed at leaſt a foot and a half higher than the ground, and at one corner in the bottom, a fine artificiall round hole muſt be

be made, which being outwardly ſtopt, the Malſter may through it draine the Ciſtern dry when ſhe pleaſeth, and the bottom muſt be ſo artificially levell'd and contrived, that the water may have a true deſcent to that hole, and not any remain behind when it is opened.

Now when the model is thus made of tile-ſhard, which you may doe great or little at your pleaſure: then with Lime, Hair, and Beaſts-blood mixed together, you ſhall cover the bottom at leaſt two inches thick, laying it level and plain, as is before ſhewed: which done, you ſhall alſo cover all the ſides and toppe, both within and without, with the ſame matter, at leaſt a good fingers thickneſſe, and the main wall of the whole Ciſtern ſhall be a full foot in thickneſſe, as well for ſtrength and durableneſſe, as other private reaſons for the holding the grain and water, whoſe poyſe and weight might otherwiſe endanger a weaker ſubſtance. And thus much concerning the Malt-houſe, and thoſe ſeveral accommodations which do belong unto the ſame.

The manner how to make Malt.

I will now ſpeak a little in generall as touching the Art, skil, and knowledge of Malt making, which I have referred to the concluſion of this Chapter, becauſe whoſoever is ignorant in any of the things before ſpoken of, cannot by any meanes ever attain to the perfection of the moſt true, and moſt thrifty Malt-making. To begin then with the Art of making, or (as ſome terme it) melting of Malt, you ſhall firſt (having proportioned the quantity you meane to ſteep, which ſhould ever be anſwerable to the continent of your Ciſterne, and your Ciſterne to your flooers) let it either runne downe from your upper Garner into the Ciſterne, or otherwiſe be carried into your Ciſterne as you ſhall pleaſe, or your occaſions deſire; and this Barly would by all meanes be very clean and neatly dreſt; then when your Ciſtern is filled, you ſhall from your Pump or Well convey the water into the Ciſterne till all the Corn be drencht, and that the water ſtand above it; If there be any Corn that will not ſink, you ſhall with your hand ſtir it about, and wet it, and ſo let it reſt and cover the Ciſtern; and thus for the ſpace of three nights, you ſhall let the Corn ſteep in the water. After the three

nights expired, the next morning you shall come to the Cestern and pluck out the plug or bung-stick which stoppeth the hole in the bottom of the Cestern, and so drain the water clean from the Corn, and this water you shall by all meanes save, for much light Corn and others will come forth with this drain-water, which is very good Swines meat, and may not be lost by any good Hous-wife. Then having drained it, you shall let the Cestern drop all that day, and in the evening with your shovel you shall empty the Corn from the Cestern unto the Malt-floore, and when all is out, and the Cestern cleansed, you shall lay all the wet Corn on a great heap, round or long, and flat on the Top; and the thickness of this heap shall be answerable to the season of the year: for if the weather be extream cold, then the heap shall be made very thick, as three or four foot, or more, according to the quantity of the grain: but if the weather be temperate and warm, then shall the heap be made thinner, as two foot, a foot and a half, or one foot, according to the quantity of the Grain. And this heap is called of Malsters a Couch or bed of raw Malt.

In this Couch, you shall let the Corn lye three nights more without stirring, and after the expiration of the three nights, you shall look upon it, and if you find that it beginneth but to sprout, (which is called coming of Malt) though it be never so little, as but the very white end of the sprout peeping out, (so it be in the outward part of the heap or couch) you shall then break open the couch, and in the middest where the Corn lay nearest, you shall find the sprout or Corn of a greater largenesse: then with your shovel you shall turn all the outward part of the couch inward, and the inward outward, and make it at the least three or four times as big as it was at the first, and so let it be all that day and night, and the next day you shall with your shovel turn the whole heap over again, increasing the largenesse, and making it of one indifferent thicknesse over all the floore, that is to say, not above a handfull thick at the most, not failing after for the space of fourteen dayes, which doth make up full in all three weeks, to turn it all over twice or thrice a day, according to the season of the weather, for if it be warm, the Malt must be

turned

turned oftner ; if cool , then it may lye looſer, thicker, and longer together , and when the three weeks is fully accompliſht , then you ſhall (having bedded your Kiln, and ſpread a clean hair cloth thereon) lay the malt as thinne as may be, (as about three fingers thickneſſe) upon the hair cloath , and ſo dry it with a gentle and ſoft fire , ever and anon turning the Malt (as it dryeth on the Kiln) over and over with your hand, till you find it ſufficiently well dryed , which you ſhall know both by the taſte , when you bite it in your mouth, and alſo by the falling off of the Come or ſprout , when it is throughly dryed. Now as ſoon as you ſee the Come begin to ſhed , you ſhall in the turning of the Malt, rubbe it well between your hand , and ſcowre it to make the Come fall away, then finding it all ſufficiently dryed , firſt put out your fire , then let the Malt cool upon the Kiln for four or five hours, and after raiſing up the four corners of the haire cloath , and gathering the Malt together on a heap , empty it with the Come and all into your Garners , and there let it lye (if you have not preſent occaſion to uſe it) for a moneth or two or three to ripen, but no longer , for as the Come or duſt of the Kiln, for ſuch a ſpace melloweth and ripeneth the Malt , making it better both for ſale or expence , ſo to lye too long in it doth ingender Weevel, Wormes, and Vermine , which doe deſtroy the grain. The drying of Malt.

Now for the dreſſing and cleanſing of Malt at ſuch time as it is either to be ſpent in the houſe , or ſold in the Market ; you ſhall firſt winnow it with a good wind , either from the Aire, or from the Fan ; and before the winnowing , you ſhall rub it exceeding well between your hands , to get the *Come* or *ſprouting* clean away : for the beauty and goodneſſe of malt is when it is moſt ſmug, cleane, bright , and likeſt to Barley in the view , for then there is leaſt waſte, and greateſt profit : for Come and duſt drinketh up the Liquor , and gives an ill taſte to the drink. After it is well rubb'd and winnowed , you ſhall then ree it over in a fine Sive , and if any of the malt be uncleanſed, then rub it againe into the Sive till it be pure , and the rubbings will ariſe on the Top of the Sive , which you may caſt off at pleaſure , and both thoſe rubbings from the Sive,

and the chaff, and duſt which commeth from the winnowings ſhould be ſaft kept; for they are very good Swines meate, and feed well, mixt either with Whey or ſwellings; and thus after the malt is ree'd, you ſhall either ſack it up for ſpecial uſe, or put it into a well cleanſed Garner, where it may lye till there be occaſion for expence.

Now there be certain Obſervations in the making of Malt, which I may by no means omit: for though divers opinions do diverſly argue them, yet as neer as I can, I will reconcile them to that truth, which is moſt conſonant to reaſon, and the rule of honeſty and equality.

Firſt, there is a difference in mens opinions, as touching the conſtant time for the mellowing and making of the Malt; that is, from the firſt ſteeping untill the time of drying: for ſome will allow both Fat and Floore hardly a fortnight, ſome a fortnight, and two or three dayes, and do give this reaſon.

Firſt, they ſay, it makes the Corn look whiter and brighter, and doth not get ſo much the ſulling and foulneſſe of the floore, as that which lyeth three weeks, which makes it a great deal more beautifull, and ſo more ſaleable: Next, it doth not come, or ſhoot out ſo much ſprout, as that which lyeth a longer time, and ſo preſerveth more heart in the grain, makes it bol'd and fuller, and ſo conſequently more full of ſubſtance, and able to make more of a little, than the other of much more.

Theſe reaſons are good in ſhew, but not in ſubſtantial truth: for (although I confeſſe that corne which lieth leaſt time on the floor, muſt be the whiteſt and brighteſt) yet that which wanteth any of the due time, can neither ripen, mellow, nor come to true perfection; and leſſe than three weeks cannot ripen Barley: for look what time it hath to ſwell and ſprout, it muſt have full that time to flouriſh, and as much time to decay, now in leſſe than a week it cannot doe the firſt, and ſo in a week the ſecond, and in another week the third; ſo that in leſſe than three weeks a man cannot make perfect Malt. Againe, I confeſſe, that malt which hath the leaſt Come, muſt have the greateſt Kernel, and ſo be moſt ſubſtantial; yet the Malt

which

which putteth not out his full ſprout, but hath that moyſture (with too much haſte) driven in which ſhould be expelled, can never be Malt of any long laſting, or profitable for indurance, becauſe it hath ſo much moiſt ſubſtance as doth make it both apt to corrupt and breed worms in moſt great abundance. It is moſt true, that this haſty made Malt is faireſt to the eye, and will ſooneſt be vented in the market; and being ſpent as ſoon as it is bought, little or no loſſe is to be perceived; yet if it be kept three or four months or longer (unleſſe the place where it is kept, be like a hot-houſe) it will be ſo dank and give again, that it will be little better than raw Malt, and ſo good for no ſervice without a ſecond drying.

Beſides, Malt that is not ſuffered to ſprout to the full kindly, but is ſtopt as ſoon as it begins to peepe, much of that Malt cannot come at all; for the moiſteſt grains do ſprout firſt, and the hardeſt are longer in breaking the huſk; now, if you ſtop the grain on the firſt ſprouts, and not give all leiſure to come one after another, you ſhall have half Malt and half Barley, and that is good for nothing but Hens and Hogges trough. So that to conclude, leſſe than three weeks you cannot have to make good and perfect Malt.

Next, there is a difference in the turning of the Malt, for ſome (and thoſe be the moſt Men-malſters whatſoever) turne all their Malt with the ſhovel, and ſay it is more eaſie, more ſpeedy, and diſpatcheth more in an hour, then any other way doth in three; and it is very true, yet it ſcattereth much behind unturn'd, and commonly that which was undermoſt it leaveth undermoſt ſtill, and ſo by ſome comming too much and others not comming at all, the Malt is oft much imperfect, and the old ſaying made good, *that too much haſte maketh waſte.* Now, there are others (and they are for the moſt part Women malſters) which turn all with the hand, and that is the beſt, ſafeſt, and moſt certain way; for there is not a grain which the hand doth not remove, and turn over and over, and layes every ſeveral heap or row of ſuch an even and juſt thickneſſe, that the Malt both equally commeth, and equally ſeaſoneth together without defect or alteration; and though he that

hath much Malt to make, will be willing to hearken to the ſwifteſt courſe in making, yet he that will make the beſt Malt, muſt take ſuch convenient leiſure, and imploy that labour which commeth neereſt to perfection.

Then there is another eſpecial care to be had in the comming or ſprouting of malt, which is, that as it muſt not come too little, ſo it muſt not by any meanes come too much, for that is the groſſeſt abuſe that may be; and that which we call comed or ſprouted too much, is, when either by negligence, for want of looking to the couch and not opening of it, or for want of turning when the Malt is ſpread on the floor, it comes or ſprouts at both ends, which Husbands call Aker ſpierd: ſuch corn, by reaſon the whole heart or ſubſtance is driven out of it, can be good for no purpoſe but the Swine trough, and therefore you muſt have an eſpecial care both to the well tending of the couch, and the turning the Malt on the floore, and be ſure (as neer as you can) by the ordering of the Couch, and heaping the hardeſt grain inward and warmeſt, to make it all come very indifferently together. Now, if it ſo fall out, that you buy your Barly, and happen to light on mixt grain, ſome being old Corn, ſome new Corn, ſome of the heart of the ſtack, and ſome of the ſtaddle, which is an ordinary deceit with Husbandmen in the Market, then you may be well aſſured, that this grain can nevet come nor ſprout equally together, for the new corn will ſprout before the old, and the ſtaddle before that in the heart of the ſtack, by reaſon the one exceedeth the other in moyſtneſſe: therefore in this caſe you ſhall mark well which commeth firſt, which will be ſtill in the heart of the Couch, and with your hand gather it by it ſelf into a ſeparate place, and then heap the other together again: and thus as it commeth and ſprouteth, ſo gather it from the heap with your hand, and ſpread it on the floor, and keep the other ſtill in a thick heap till all be ſprouted. Now laſtly obſerve, that if your Malt be hard to ſprout or come, and that the fault conſiſt more in the bitter coldneſſe of the ſeaſon, than any defect of the Corn, that then (beſides the thick or cloſe making of the heap or couch) you faile not to cover it over with ſome thick woollen clothes, as coorſe Coverlids,

verlids, or ſuch like ſtuff, the warmth whereof will make it come preſently ; which once perceived, then forthwith uncloath it, and order it as aforeſaid in all poynts. And thus much for the Art, Order, Skill, and Cunning, belonging to Malt making.

Now as touching the making of Oates into Malt, which is a thing of generall uſe, in many parts of this Kingdome where Barley is ſcarce, as in *Cheſhire*, *Lancaſhire*, much of *Darbiſhire*, *Devonſhire*, *Cornwall*, and the like, the Art and Skill is all one with that of Barley, nor is there any variation or change of work, but one and the ſame order ſtill to be obſerved ; onely by reaſon that Oats are more ſwift in ſprouting, and apt to clutter, ball, and hang together by the length of the ſprout than Barley is, therefore you muſt not fail but turn them oftner than Barley, and in the turning be carefull to turn all and not leave any unmoved. Laſtly, they will need leſſe of the floor than Barley will ; for in a full fortnight, or a fortnight and two or three dayes you may make very good and perfect Oat malt. But becauſe I have a great deal more to ſpeak particularly of Oates in the next Chapter, I will here conclude this, and adviſe every skilfull Houſewife to joyn with mine obſervations, her own tryed experience, and no doubt but ſhe ſhall find both profit and ſatisfaction. Of Oat-malt.

CHAP. VI.

Of the excellency of Oats, and the many ſingular vertues and uſe of them in a Family.

OAtes although they are of all manner of graine the cheapeſt becauſe of their generality, being a grain of that goodneſſe and hardneſſe, that it will grow in any ſoyl whatſoever, be it never ſo rich, or never ſo poor, as if nature had made it the onely loving companion and true friend to mankind ; yet it is a graine of that ſingularity for the multiplicity of vertues, and neceſſary uſes for the ſuſtenance and ſupport of the family, that not any other grain is to be compared with it ; for if any other have equal vertue, yet it hath not equal value, and if not equal value,

then it wants many degrees of equall vertue; so that joyning vertue and value together, no *Husband, House-wife or House-keeper* whatsoever, hath so true and worthy a friend, as his Oats are.

The vertue of Oates to Cattell.

To speak then first of the vertues of Oates as they accrew to Cattel and Creatures without doores, and first to begin with the Horse, there is not any food whatsoever that is so good, wholesome and agreeable with the nature of a Horse as Oats are, being a provender in which he taketh such delight, that with it hee feedeth, travelleth, and doth any violent labour whatsoever, with more courage and comfort, then with any other food that can be invented, as all men know that have either use of it, or Horses: neither doth the Horse ever take surfeit of Oates (if they be sweet and dry) for all be, he may well be glutted, or stalled upon them with indiscreet feeding, and so refuse them for a little time, yet he never surfeiteth, or any present sickness will follow after: whereas no other grain but glurs a Horse therewith, and instantly sickness will follow, which shewes surfeit; and the danger is oft incurable: for we read in *Italy*, at the siege of *Naples* of many hundred Horses that dyed on the surfeit of wheat; at *Rome* also dyed many hundred Horses of the plague, which by due proof was found to proceed from a surfeit taken of peason, and fitches; and so I could run over all other graines, but it is needlesse, and far from the purpose I have to handle; suffice it, Oats for Horses are the best of all foods whatsoever, whether they be but onely clean threasht from the straw and so dryed, or converted to Oat-meal, and so ground and made into bread. Oats boyl'd, and given a Horse whilst they are cool, and sweet, are an excellent food for any Horse in the time of disease, poverty or sickness; for they scowr and fat exceedingly.

In the same nature that Oats are for Horses, so are they for the Asse, Mule, Camel, or any other beast of burthen.

If you will feed either Oxe, Bull, Cow, or any Neat whatsoever to an extraordinary height of fatnesse, there is no food doth it so soon as Oates do, whether you give them in the straw, or clean threasht from the sheaf, and well winnowed; but the winnowed Oate is the best; for by them I have seen an Oxe, fed to twenty pounds, twenty four pounds, and thirty pounds, which is a most unreasonable reckoning for any beast; only seam, and the tallow hath been precious.

Sheepe

Sheep or Goats may likewiſe be fed with Oates, to as great price and profit as with Peaſe, and Swine are fed with Oates either in raw Milk or otherwiſe, to as great thickneſſe as with any graine whatſoever; only they muſt have a few Peaſe after the Oats to harden the fat, or elſe it will waſte, and conſume in boyling. Now for holding Swine, which are onely to be preſerved in good fleſh, nothing is better then a thinne mange made of ground Oats, Whey, Butter-milk, or other ordinary waſh or ſwillings, which either the Dairy or Kitchin affordeth; nor is there any more ſoveraign or excellent meat for Swine in the time of ſickneſſe, then a mange made of ground Oates and ſweet Whey, warmed luke-warm on the fire, and mixt with the powder of Ruddle, or red Oaker. Nay if you will go to the matter of pleaſure, there is not any meat ſo excellent for the feeding, and wholſome keeping of a kennel of Hounds, as the Mange made of ground Oats and ſcalding water, or of beef broath, or any other broth, in which fleſh hath been ſodden; if it be for the feeding, ſtrengthning and comforting of Grey-hounds, Spaniels, or any other ſort of tenderer Doggs, there is no meat better than ſheeps heads, hair and all, or other intralls of Sheep chopt and well ſodden with good ſtore of oat-meal.

Now for all manner of Poultry, as Cocks, Capons, Hens, Chickens of great ſize, Turkeys, Geeſe, Ducks, Swannes, and ſuch like, there is no food feedeth them better than Oats, and if it be the young breed of any of thoſe kinds, even from the firſt hatching or diſcloſing, till they be able to ſhift for themſelves; there is no food better whatſoever then Oat-meal Groats, or fine Oat-meal, either ſimple of it ſelf, or elſe mixt with Milk, drink, or elſe new made Urine.

Thus much touching the vertues and quality of Oates or Oat-meal, as they are ſerviceable for the uſe of Cattel and Poultry. Now for the moſt neceſſary uſe thereof for man, and the generall ſupport of the family, there is no grain in our knowledge anſwerable unto it. Vertue of Oats for man.

Firſt for the ſimple Oat it ſelf (excepting ſome particular phyſick helps, as frying them with ſweet butter, & putting them in a bag, & very hot applyed to the belly, or ſtomack, to avoid collick or windines & ſuch experiments) the moſt ſpecial uſe which is made of them

is

is for Malt to make Beer or Ale of, which it doth exceeding well: and maintaineth many Towns and Countries; but the Oatmeal which is drawn from them, being the heart and kernel of the Oat is a thing of much rarer price and eſtimation; for to ſpeak truth, it is like Salt of ſuch a general uſe, that without it hardly can any Family be maintained: therefore I think it not much amiſs to ſpeak a word or two, touching the making of Oat-meal. You ſhal underſtand then,

Making of Oat-meal.

that to make good and perfect Oat-meal, you ſhall firſt dry your Oats exceeding wel; & then put them on the Mil, which may either be water-mill, wind-mil, or horſe mill (but the Horſe-mill is beſt) & no more but cruſh or hull them; that is, to carry the ſtones ſo large that they may no more but cruſh the huſk from the Kernel: then you ſhall winnow the hulls from the Kernels either with the wind, or a Fan, and finding them of an indifferent cleanneſſe (for it is impoſſible to hull them all clean at the firſt) you ſhall then put them on again, and making the mill go a little cloſer, run them through the Mill again, and then winnow them over again, and ſuch Greets or Kernels as are clean hul'd, and well cut, you may lay by, and the reſt you ſhall run through the mill again the third time, and ſo winnow them again, in which time all will be perfect, and the Greets or full Kernels will ſeparate from the ſmaller Oat meal; for you ſhall underſtand, that at this firſt making of Oat-meal, you ſhall ever have two ſorts of Oat-meales, that is, the full whole Greet or Kernel, and the ſmall duſt Oat-meal: As for the coorſe Hulls or Chaff that commeth from them, that alſo is worthy ſaving; for it is an excellent good Horſe provender for any plow or labouring Horſes, being mixt with either beans, peaſe, or any other pulſe whatſoever.

The vertues of Oatmeal.

Now for the uſe and vertues of theſe ſeverall kinds of Oat meals in maintaining the family, they are ſo many (according to the many cuſtoms of many Nations) that it is almoſt impoſſible to reckon all; yet (as near as I can) I will impart my knowledge, and what I have tane from relation.

Firſt, for the ſmall duſt, or meal Oat-meal, it is that with which all pottage is made and thickned, whether they be meat pottage, Milk pottage, or any thick, or elſe thinne Grewel whatſoever, of whoſe goodneſſe and wholſomneſſe it is needleſſe to ſpeak, in that it is frequent with every experience: Alſo, with this ſmall meal

meal Oat-meal, is made in divers Countries ſix ſeverall kinds of very good and wholſome bread, every one finer than another, as your Anacks, Fanacks, and ſuch like. Alſo there is made of it, both thick and thin Oaten cakes, which are very pleaſant in taſte, and much eſteemed: but if it be mixed with fine wheat-meal, then it maketh a moſt delicate and dainty Oat cake, either thick or thinne, ſuch as no Prince in the world but may have them ſerved to his Table: alſo this ſmall Oat-meal mixed with blood, and the Liver of either Sheep, Calfe, or Swine, maketh that pudding which is called the Haggas or Haggus, of whoſe goodneſſe it is in vain to boaſt, becauſe there is hardly to be found a man that doth not affect them. And laſtly, from this ſmall Oat-meal by oft ſteeping it in water and cleanſing it, and then boyling it to a thick and ſtiffe jelly, is made that excellent diſh of meat which is ſo eſteemed of in the weſt parts of this Kingdome, which they call Waſh-brew, and in *Cheſhire*, and *Lancaſhire* they call it Flamery, or Flumery, the wholeſomneſſe and rare goodneſſe, nay, the very Phyſick helps thereof, being ſuch and ſo many, that I my ſelfe have heard a very reverend and worthily renowned Phyſitian ſpeak more in the commendations of that meat, than of any other food whatſoever: and certain it is, that you ſhall not heare of any that ever did ſurfeit of this Waſh brew or Flamery; and yet I have ſeene them of very dainty and ſickly ſtomacks which have eaten great quantities thereof beyond the proportion of ordinary meates. Now for the manner of eating this meat, it is of divers diverſly uſed; for ſome eat it with Honey, which is reputed the beſt ſauce; ſome with Wine, either Sack, Claret or White; ſome with ſtrong Beer, or ſtrong Ale, and ſome with Milk, as your ability, or the accommodations of the place will adminiſter.

Now there is derived from this Waſh-brew another coorſer meat which is as it were the dregges, or groſſer ſubſtance of the Waſh-brew, which is called Gird brew, which is a well filling and ſufficient meat, fit for ſervants and men of labour; of the commendation whereof, I will not much ſtand, in that is a meat of harder diſgeſtion, and fit indeed but for ſtrong able ſtomacks, and ſuch whoſe toyl and much ſweat both liberally

liberally ſpendeth evill humours, and alſo preſerveth men from the offence of fulneſs and ſurfeits.

Now for the bigger kind of Oat-meal, which is called Greets, or Corn Oat meal, it is of no leſſe uſe than the former, nor are there fewer meats compounded thereof: for firſt, of theſe Greets are made all ſorts of puddings, or pots (as the Weſt Countrey tearms them) whether they be black, as thoſe which are made of the blood of Beaſts, Swine, Sheep, Geeſe, Red or Fallow Deer, or the like, mixt with whole Greets, Suet, and wholſome hearbs; or elſe white, as when the Greets are mixt with good Cream, Egges, Bread-crumms, Suet, Currants, and other wholſome Spices. Alſo of theſe Greets is made the good Friday pudding, which is mixt with Egges, Milk, Suet, Penny royal; and boyl'd firſt in a linnen bag, and then ſtript and buttered with ſweet butter. Again, if you roaſt a Gooſe, and ſtop her belly with whole Greets beaten together with Egges, and after mixt with the Gravy, there cannot be a more better or pleaſanter ſawce: Nay, if a man be at Sea in any long Travel, he cannot eat a more wholſome and pleaſant meat then theſe whole Greets boyled in water till they burſt, and then mixt with butter, and ſo eaten with ſpoons, which although Seamen call it ſimply by the name of Loblolly, yet there is not any meat, how magnificent ſoever the name be, that is more toothſome or wholſome. And to conclude, there is no way or purpoſe whatſoever to which a man can uſe or imploy Rice, but with the ſame ſeaſoning and order you may imploy the whole greets of Oat-meal, and have full as good and wholſome meat, and as well taſted; ſo that I may well knit up this Chapter with this approbation of Oat-meal, that the little charge and great benefit conſidered, it is the very Crown of the Houſwifes Garland, and doth more grace her Table and her Knowledge, then all graines whatſoever; neither indeed can any Family or Houſhold be well and thriftily maintained, where this is either ſcant or wanting. And thus much touching the nature, worth, vertues, and great neceſſity of Oates, and Oat-meal.

CHAP.

CHAP. VIII.

Of the office of the Brew-house, and the Bake-house, and the necessary things belonging to the same.

WHen our *English House-wife* knowes how to preserve health by wholesome Physick; to nourish by good meate, and to cloath the body with warm garments; she must not then by any meanes be ignorant in the provision of bread and drink; she must know both the proportions and compositions of the same. And for as much as drink is in every house more generally spent than bread, being indeed, (but how well I know not) made the very substance of all entertainment; I will first begin with it, and therefore you shall know that generally our Kingdome hath but two kinds of drinks, that is to say, Beer and Ale, but particularly four, as Beer, Ale, Perry, and Cider; and to these we may adde two more, Meed, and Metheglin; two compound drinks of Honey and Herbs, which in the places where they are made, as in *Wales*, and the Marches, are reckoned for exceeding wholesome and cordiall. Diversities of Drinks.

To speak then of Beer, although there be divers kinds of tasts and strength thereof, according to the allowance of Malt, hopps, and age given unto the same; yet indeed there can be truly said to be but two kinds thereof, namely, Ordinary beer, and March beer, all other beeres being derived from them. Strong beer.

Touching ordinary beer, which is that, wherewith either Nobleman, Gentleman, Yeoman, or Husbandman, shall maintaine his Family the whole year, it is meet first that our *English House-wife* respect the proportion or allowance of Malt due to the same; which amongst the best *Husbands*, is thought most convenient; and it is held, that to draw from one quarter of good malt three hogsheads of beer, is the best ordinary proportion that can be allowed, and having age and good caske to lye in, it will be strong enough for any good mans drinking. Of ordinary beer.

Now for the brewing of ordinary beere, your malt being well Of brewing ordinary beer.

well ground, and put in your mash-fat, and your Liquor in your lead ready to boyle, you shall then by little and little with scoopes or pailes put the boyling Liquor to the malt, and then stir it even to the bottom exceedingly well together, which is called the mashing of the malt, then the Liquor swimming in the Top, cover all over with more malt; and so let it stand an hour and more in the mash-fat, during which space you may if you please, heat more Liquor in your lead for your second or small drink, this done, pluck up your mashing stroam, and let the first Liquor runne gently from the malt, either in a clean trough, or other vessels prepared for the purpose, and then stopping the mash fat againe, put the second Liquor to the malt, and stir it well together; then your Lead being emptied, put your first Liquor or wort therein, and then to every quarter of malt, put a pound and a halfe of the best Hops you can get, and boile them an houre together, till taking up a dish full thereof, you see the Hops shrink into the bottom of the dish; this done, put the wort thorow a straight Sive, which may drain the Hops from it into your cooler, wich standing over the Guile-fat, you shall in the bottom thereof, set a great bowl with your barm, and some of the first wort (before the Hoppes come into it mixt together) that it may rise therein, and then let your wort drop or runne gently into the dish with the barm which stands in the Guile-fat, and this you shall doe the first day of your brewing, letting your cooler drop all the night following, and some part of the next morning, and as it drops if you find that a black skum or mother riseth upon the barm, you shall with your hand take it off, and cast it away; then nothing being left in the cooler, and the Beer well risen, with your hand stir it about, and so let it stand an houre after, and then beating it and the barme exceeding well together, tun it up into the Hogsheads, being clean wash'd and scalded, and so let it purge; and herein you shall observe not to Tun your vessels too full, for fear thereby it purge too much of the barm away: when it hath purged a day and a night, you shall cloze up the bung-holes with Clay, and onely for a day or two after, keep a vent-hole in it, and after cloze it up as fast as may be. Now for your second or small drink

drink which are left upon the graine, you ſhall ſuffer it there to ſtay but an houre, or a litele better, and then drain it all off alſo; which done, put it into the Lead with the former Hops, and boyl the other alſo, then clear it up from the Hoppes and cover it very cloſe, till your firſt Beere be Tunned, and then, as before, put it alſo to barm, and ſo tunne it up alſo in ſmaller veſſels, and of this ſecond beer you ſhall not draw above one Hogſhead to three of the better. Now there be divers other wayes and Obſervations, for the brewing of ordinary beer; but none ſo good, ſo eaſie, ſo ready and quickly performed, as this before ſhewed; neither will any beer laſt longer, or ripen ſooner, for it may be drunk at a fortnights age, and will laſt as long and lively.

Now for the brewing of the beſt March Beere, you ſhall allow to a Hogſhead thereof, a quarter of the beſt Malt well ground; then you ſhall take a Peck of Peaſe, half a peck of Wheat, and half a peck of Oats, and grinde them all very well together, and then mixe them with your Malt; which done, you ſhall in all points brew this beer, as you did the former ordinary Beer; onely you ſhall allow a pound and a half of Hops to this one Hogſhead: and whereas before you drew but two ſorts of beer, ſo now you ſhall draw three; that is, a Hogſhead of the beſt, and a Hogſhead of the ſecond, and half a Hogſhead of ſmall beer, without any augmentation of Hops or Malt. Of brewing the beſt march beer.

This March beer would be brewed in the months of *March* or *Aprill*, and ſhould (if it have right) have a whole year to ripen in: it will laſt two, three, or four years, if it lie cool; and endure the drawing to the laſt drop, though with never ſo much leiſure.

Now for the brewing of ſtrong Ale, becauſe it is drink of no ſuch long laſting as beer is, therefore you ſhall brew leſſe quantity at a time thereof, as two buſhels of Northen meaſure, (which is four buſhels, or half a quarter in the South) at a brewing and not above, which will make fourteen gallons of the beſt Ale. Now for the maſhing and ordering of it in the maſh fat, it will not differ any thing from that of

beer

beer: as for Hops, although some use not to put in any, yet the best Brewers thereof will allow to fourteene gallons of Ale a good espen full of Hops and no more, yet before you put in your hops, as soon as you take it from the graines, you shall put it into a vessel, and change it, or blink it, in this manner: put into the wort a handfull of Oak-boughes, and a pewter-dish, and let them lye therein till the wort look a little paler than it did at the first, and then presently take out the dish and the leafs, and then boyl it a full houre with the hops, as afore-said, and then cleanse it, and set it in vessels to cool; when it is milk-warme, having set your barm to rise with some sweet wort, then put all into the guile fat, and as soon as it riseth, with a dish or bowl beat it in, and so keep it with continuall beating a day and a night at least, and after tun it. From this Ale you may also draw half so much very good middle Ale, and a third part very good small Ale.

Brewing of bottle Ale.

Touching the brewing of Bottle-Ale, it differeth nothing at all from Brewing of strong Ale, onely it must be drawne in a larger proportion, as at least twenty gallons of half a quarter; and when it comes to be changed, you shall blink it (as was before shewed) more by much than was the strong Ale, for it must be pretty and sharp; which giveth the life and quicknesse to the Ale: and when you tun it, you shall put it into round bottles with narrow mouthes, and then stopping them close with cork, set them in a cold Cellar up to the waste in sand, and be sure that the corks be fast tied in with strong pack-thread, for fear of rising out, or taking vent, which is the utter spoyl of the Ale.

Now, for the small drink arising from this bottle-Ale, or any other Beer or Ale whatsoever, if you keep it after it is blinck'd and boyled in a close vessel, and then put it to barm every morning as you have occasion to use it, the drink will drink a great deal the fresher, and be much more lively in taste.

Of making Perry or Cider.

As for the making of Perry and Cider, which are drinks much used in the West parts, and other Countries well stored with fruit in this Kingdome; you shall know that your

your Perry is made of Pears only, and your Cider of Apples; and for the manner of making thereof, it is done after one faſhion, that is to ſay: After your Pears and Apples are well pick'd from the ſtalks, rottenneſſe, and all manner of other filth, you ſhall put them in the Preſſe-mill, which is made with a Mil-ſtone running round in a circle, under which you ſhall cruſh your Peares or Apples, and then ſtraining them thorow a bag of hair-cloth, tun up the ſame, (after it hath been a little ſetled) into Hogſheads, Barrels, and other cloſe veſſels.

Now after you have preſt all, you ſhall ſave that which is within the hair-cloth bag, and putting it into ſeverall veſſels, put a pretty quantity of Water thereunto, and after it hath ſtood a day or two, and hath been well ſtirred together, preſſe it alſo over again, for this will make a ſmall Perry or Cider, and muſt be ſpent firſt. Now of your beſt Sider, that which you make of your Summer or ſweet fruit, you ſhall call Summer, or ſweet Sider, or Perry, and that you ſhall ſpend firſt alſo; and that which you make of the Winter, and hard fruit, you ſhall call Winter, and ſowre Cider, or Perry, and that you may ſpend laſt, for it will endure the longeſt.

Thus after our *Engliſh Houſe-wife* is experienc'd in the brewing of theſe ſeveral drinks, ſhe ſhall then look into her Bake-houſe, and to the making of all ſorts of bread, either for maſters, ſervants, or hinds, and to the ordering and compounding of the meal for each ſeveral uſe. Of Baking.

To ſpeak then firſt of meales for bread, they are either ſimple or compound; ſimple, as Wheat, and Rye, or compound, as Rye and Wheat mixt together, or Rye, Wheat, and Barley mixt together; and of theſe the oldeſt meal is ever the beſt, and yieldeth moſt, ſo it be ſweet, and untainted; for the preſervation whereof, it is meet that you cleanſe your meal well from the bran, and then keep it in ſweet veſſels. Ordering of Meal.

Now for the baking of bread of your ſimple meales, your beſt and principal bread is Manchet, which you ſhall bake in Baking Manchets.

this manner : First, your Meale being ground upon the black ſtones, if it be poſſible, which makes the whiteſt flower, and boulted through the fineſt boulting cloath, you ſhall put it into a clean Kimnel, and opening the flower hollow in the midſt, put into it of the beſt Ale barm, the quantity of three pints to a buſhel of Meale, with ſome ſalt to ſeaſon it with; then put in your Liquor reaſonable warm, and knead it very well together with both your hands, and through the brake, or for want thereof, fold it in a cloath, and with your feet tread it a good ſpace together, then letting it lye an hour or thereabouts to ſwel, take it forth and mould it into Manchets round and flat, ſcotch them about the waſte to give it leave to riſe, and prick it with your knife in the Top, and ſo put it into the Oven, and bake it with a gentle heat.

To bake the beſt cheat bread, which is alſo ſimply of Wheat onely, you ſhall after your meal is dreſt and boulted through a more coorſe boulter than was uſed for your Manchets, and put alſo into a clean Tub, Trough, or Kimnel, take a ſowre Leaven, that is, a piece of ſuch like Leaven ſaved from a former batch, and well fill'd with ſalt; and ſo layd up to ſowre, and this ſowre Leaven you ſhall break into ſmall pieces into warm water, and then ſtrain it, which done, make a deep hollow hole, as was before ſaid, in the midſt of your flower, and therein poure your ſtrained Liquor, then with your hand mixe ſome part of the flower therewith, till the Liquor be as thick as a Pancake batter, then cover it all over with meale, and ſo let it lye all that night, the next morning ſtirre it, and all the reſt of the Meale well together, and with a little more warm water, barm, and ſalt to ſeaſon it with, bring it to a perfect Leaven, ſtiffe and firme; then knead it, break it, and tread it, as was before ſaid in the Manchets, and ſo mould it up in reaſonable bigge Loaves, and then bake it with an indifferent good heat: and thus according to theſe two examples before ſhewed, you may bake Leavened or unleavened bread whatſoever, whether it be ſimple Corn, as Wheat or Rye of it ſelf; or compound Grain, as Wheat and Rye, or Wheat and Barley,

Barley, or Rye and Barley, or any other mixt white Corn; only becauſe Rye is a little ſtronger Grain than Wheat, it ſhall be good for you, to put your water a little hotter than you did to your Wheat.

For your brown bread, or bread for your hinde-ſervants, which is the coorſeſt bread for mans uſe, you ſhall take of Barley two buſhels, of Peaſe two pecks, of Wheat or Rye a peck, a peck of Malt: theſe you ſhall grind all together, and dreſſe it through a Meale ſive, then putting it into a ſowre trough, ſet Liquor on the fire, and when it boyles, let one put in the water, and another with a maſh rudder ſtirre ſome of the flower with it after it hath been ſeaſoned with ſalt, and ſo let it be till the next day, and then putting to the reſt of the flower, work it up into ſtiffe Leaven, then mould it, and bake it into great Loaves with a very ſtrong heat; now if your trough be not ſowre enough to ſower your Leaven, then you ſhall either let it be longer in the trough, or elſe take the help of a ſowre Leaven with your boyling water; for you muſt underſtand, that the hotter your Liquor is, the leſſe will the ſmell or rankneſſe of the Peaſe be perceived. And thus much for the baking of any kind of bread, which our *Engliſh Houſe-wife* ſhall have occaſion to uſe for the maintenance of her family.

As for the generall Obſervations to be reſpected in the Brew-houſe, or Bake-houſe, they be theſe. Firſt, that your brew-houſe be ſeated in ſo convenient a part of the houſe, that the ſmoke may not annoy your other more private rooms; then that your furnace be made cloſe and hollow for ſaving fewel, and with a vent for the paſſage of ſmoke, leſt it taint your Liquor; then that you prefer a Copper before a Lead, next that your Maſh-fat be ever neareſt to your Lead, your cooler nearer your Maſh-fat, and your Guil-fat under your Cooler, and adjoyning to them all ſeverall clean tubs to receive your Worts and Liquors: then in your Bake-houſe, you ſhall have a fair boulting-houſe, with large pipes to bouſt Meale in, fair troughs to lay Leaven in, and ſweet ſafes to receive your bran; you ſhall have Boulters, Searſes, Ranges, and Meale-ſives of all ſorts, both fine and coorſe; you ſhall have

have fair Tables to mould on, large Ovens to bake in, the ſoales thereof, rather of one or two intire ſtones, than of many bricks, and the mouth made narrow, ſquare, and eaſie to be cloſe covered: as for your peeles, cole-rakes, maukins, and ſuch like, though they be neceſſary, yet they are of ſuch generall uſe they need no further Relation. And thus much for a full ſatisfaction to all the *Husbands* and *House-wives* of this Kingdome, touching Brewing, Baking, and all whatſoever elſe appertaineth to either of their Offices.

The End of the English House-wife.

10 AP 67

FINIS.

THE

ENGLISH HOUS-WIFE,

CONTAINING

The inward and outward Vertues which ought to be in a compleat Woman:

As her skill in Phyſick, Surgery, Cookery, Extraction of Oyles, Banquetting ſtuffe, Ordering of great Feaſts, Preſerving of all ſorts of Wines, conceited Secrets, Diſtillations, Perfumes, ordering of Wool, Hemp, Flax: making Cloth and Dying: the knowledge of Dayries: Office of Malting; of Oats, their excellent uſes in a Family: of Brewing, Baking, and all other things belonging to an Houſhold.

A Work generally approved, and now the ſeventh time much augmented, purged, and made moſt profitable and neceſſary for all men, and the generall good of this *NATION.*

By G. M.

LONDON,
Printed by *W. Wilſon*, for *E. Brewſter*, and *George Sawbridge*, at the Bible on Ludgate-hill, neer Fleet-bridge. 1660.

TO THE RIGHT

HONOURABLE

And moſt Excellent Lady,

FRANCIS, Counteſſe Dowager of *EXETER*.

HOwſoever, (Right Honourable and moſt vertuous Lady) this Book may come to your Noble goodneſſe cloathed in an old name or garment, yet doubtleſſe, (Excellent Madam) it is full of many new vertues, which will ever admire and ſerve you; and though it can adde nothing to your owne rare and unparalleled knowledge, yet may it to thoſe noble good ones, (which will indeavour any ſmall ſpark of your imitation) bring ſuch a light as may make them ſhine with a great deal of charity. I do not aſſume to my ſelfe, (though I am not altogether ignorant in ability to judge of theſe things) the full intention, and ſcope of this whole work: for it is true, great Lady, that much of it was a Manuſcript, which many years agone be-

longed to an Honourable Counteſſe, one of the greateſt Glories of our Kingdome, and were the opinions of the greateſt Phyſicians which then lived; which being now approved by one not inferiour to any of the profeſſion, I was the rather imboldned to ſend it to your bleſſed hand, knowing you to be a Miſtreſſe ſo full of Honourable piety and goodneſſe, that although this imperfect offer may come unto you weak and diſable, yet your noble vertue will ſupport it, and make it ſo ſtrong in the world, that I doubt not but it ſhall doe ſervice to all thoſe which will ſerve you, whilſt my ſelfe and my poor prayers ſhall to my laſt gaſp labour to attend you.

The true admirer of your
Noble vertues,

Gervaſe Markham.

THE

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For

in his hand to prevent the shrinking of the hand, and sinewes.

For any fever. Take Sage Ragwort, Yarrow, unset Leeks of each a like quantity, stamp them with Bay salt, and apply them to the wrists of the hands.

To expel heat in a fever. Blanch Almonds in the cold water, and make milk of them (but it must not seeth) then put to it Sugar, and in the extremity of heat, see that you drink thereof.

The royal medicine for fevers. Take three spoonfuls of Ale, and a little Saffron, and bruise and strain it thereto, then add a quarter of a spoonful of fine Treacle, and mix altogether, and drink it when the fit comes.

Another. Take two roots of Crowfoot that growes in a marsh ground, which have no little roots about them, to the number of twenty or more, and a little of the earth, that is about them, and do not wash them and add a little quantity of Salt, and mix it well together, and lay it on linnen cloaths, and bind it about your thumbs, betwixt the first and the neather joint, and let it lie nine dayes unremoved, and it will expel the Fever.

An approved Medicine for the greatest Lask or Flixe.

Take a right Pomwater, the greatest you can get, or else two little ones, roast them very tender to pap, then take away the skinne and the core, and use only the pap, and the like quantity of Chalk finely scraped, mix them both together upon a trencher before the fire, and work them well to a plaister; then spread it upon a linnen cloath warmed very hot as may be suffered, and so bind it unto the navil for twenty four hours, use this medicine twice or thrice, or more, until the Lask be staied.

Of Oyle of Swallowes.

To make the Oyle of Swallowes, take Lavender-cotten, Spike-Knot-grasse, Ribwort, Balm, Valerian, Rosemary tops, Woodbine tops, Vine strings, French mallowes, the tops of Alecost, Straw

Strawberry ſtrings, Tutſan, Plantain Walnut tree leaves, the tops of young Beets, Iſop, Violet leaves, Sage of vertue, fine Roman Wormwood of each of them a handful, Camomile, and red Roſes, of each two handful, twenty quick Swallowes, and beat them altogether in a morter, and put to them a quart of Neats foot oyl, or May butter, and grind them all well together with two ounces of Cloves well beaten; then put them altogether in an earthen pot, and ſtop it very cloſe, that no air come into it, and ſet it nine dayes in a cellar, or cold place, then open your pot, and put into it half a pound of white or yellow wax, cut very ſmall, and a pint of oyl or butter; then ſet your pot cloſe ſtopped into a pan of water, and let it boyl ſix or eight hours, and then ſtrain it: this oyl is exceeding ſoveraign for any broken bones, bones out of joint, or any pain or grief either in the bones or ſinewes.

To make oyle of Camomile, take a quart of ſallet Oyle and put it into a glaſſe, then take a handful of Camomile, and bruiſe it, and put into the oyl, and let them ſtand in the ſame, twelve dayes; only thou muſt ſhift it every three dayes, that is, to ſtrain it from the old Camomile, and put in as much of new, and that oil is very ſoveraign for any grief, proceeding from old cauſes. To make oyle of Camomile.

To make oyle of Lavender, take a pint of ſallet Oyle, and put it into a glaſſe, then put to it a handful of Lavender, and let it ſtand in the ſame twelve dayes, and uſe it in all reſpects, as you did your oyle of Camomile. To make oile of Lavender.

To make an Oyle which ſhall make the skin of the hands very ſmooth, take Almonds, and beat them to oyle, then take whole Cloves, and put them both together into a glaſſe, and ſet it in the ſun five or ſix dayes, then ſtrain it, and with the ſame anoint your hands every night when you go to bed, or otherwiſe as you have convenient leiſure. To make ſmooth hands

To make that ſoveraign water, which was firſt invented by Dr *Stephens*, in the ſame form as he delivered the Receit to the Arch-biſhop of *Canterbury*, a little before the death of the ſaid Doctor. Take a gallon of good Gaſcoyn-wine, then take Ginger, Galingale, Cinamon, Nutmegs, Graines, Cloves bruiſed, Fennel-ſeeds, Carraway-ſeeds, Origanum, To make Dr *Stevens* water.

of

of every of them a like quantity, that is to ſay, a dram, then take ſage, wild marjoram, peny royall, mint, red roſes, time, pellitory, roſemary, wild time, camomile, lavender, of each of them a handful; then bray the ſpices ſmall, and bruiſe the herbs, and put all into the wine, and let it ſtand ſo twelve hours, only ſtirre it divers times; then diſtill it by a Lymbeck, and keep the firſt water by it ſelfe, for that is the beſt: then keep the ſecond water, for that is good, and for the laſt, neglect it not, for it is very wholeſome, though the worſt of the three. Now for the vertue of this water, it is this: it comforteth the ſpirits and vitall parts, and helpeth all inward diſeaſes that commeth of cold; it is good againſt the ſhaking of the palſie, and cureth the contraction of the ſinews, and helpeth the conception of women that be barren, it killeth the wormes in the body, it cureth the cold cough, it helpeth the tooth-ach, it comforteth the ſtomack, and cureth the old dropſie, it helpeth the ſtone in the bladder, and in the reins, it helpeth a ſtinking breath: and whoſoever uſeth this water moderately, and not too often, it preſerveth him in good liking, and will make him ſeem young in old age. With this water Doctor *Stevens* preſerved his own life, untill ſuch extream age, that he could neither go nor ride, and he continued his life, being bed-rid five years, when other Phyſitians did judge he could not live one year, when he did confeſſe a little before his death, ſaying, That if he were ſick at any time, he never uſed any thing but this water onely: and alſo the Arch-biſhop of *Canterbury* uſed it, and found ſuch goodneſſe in it, that he lived till he was not able to drink out of a cup, but ſucked his drink through a hollow pipe of ſilver.

This water will be much the better if it be ſet in the Sun.

A reſtorative of Roſaſolis.

To make a cordial Roſaſolis, take Roſaſolis, and in any wiſe, touch not the leaves thereof in the gathering, nor waſh it; take thereof four good handfuls, then take two good pints of Aquavitæ, and put them both in a glaſſe, or pewter pot of three or four pints, and then ſtop the ſame hard and juſt, and ſo let it ſtand three dayes and three nights, and the third day

day, ſtrain it through a clean cloath into another glaſſe, or pewter pot, and put thereto halfe a pound of Sugar beaten ſmal, four ounces of fine Lycoras beaten into powder, halfe a pound of ſound Dates, the ſtones being taken out, and cut them and make them clean, and then mince them ſmall, and mixe all theſe together, and ſtop the glaſſe or pot cloſe and juſt. and after diſtil it through a Lymbeck, then drink of it at night to bedward, half a ſpoonful with Ale or Beer, but Ale is the better, as much in the morning faſting, for there is not the weakeſt body in the world that wanteth nature or ſtrength, or that is in a conſumption, but it will reſtore him again, and cauſe him to be ſtrong and luſty, and to have a marvellous hungry ſtomack; provided alwayes that this Roſa-ſolis be gathered (if poſſible) at the full of the Moon, when the Sun ſhineth before noon, and let the roots of them be cut away.

Additions to the Oyls.

To make oyle of Roſes or Violets.

Take the flowers of Roſes or Violets, and break them ſmall, and put them into Sallet Oyle, and let them ſtand in the ſame ten or twelve dayes, and then preſſe it. Or otherwiſe take a quart of Oyle Olive, and put thereto ſix ſpoonfuls of clean water, and ſtirre it well with a ſlice, till it waxe as white as milk; then take two pound of red Roſe leaves, and cut the white of the ends of the leaves away, and put the Roſes into the Oyle, and then put it into a double glaſſe, and ſet it in the Sun all the Summer time, and it is ſoveraign for any ſcalding or burning with water or oyle.

Or elſe take red Roſes new plucked, a pound or two, and cut the white ends of the leaves away, then take May butter, and melt it over the fire with two pound of Oyle Olive, and when it is clarified, put in your Roſes, and put it all in a veſſel of glaſſe, or of earth, and ſtop it well about, that no air enter in or out, and ſet it in another veſſel with water, and let it boyl half a day or more, and then take it forth and ſtrain or preſſe it through a cloath, and put it into glaſſe bottles: this is good for all manner of unkind heats.

To make Oyl of Nutmegs.

Take two or three pound of Nutmegs, and cut them ſmall, and bruiſe them well, then put them into a pan, and beat them, and ſtir them about, which done, put them into canvaſs

canvaſſe or ſtrong linnen bag, and cloſe them in a preſſe, and preſs them, and get out all the liquor of them, which will be like *manna*; then ſcrape it from the canvaſſe bag, as much as you can with a knife; then put it into ſome veſſel or glaſſe, and ſtop it well, but ſet it not in the Sun, for it will wax clean of it ſelf, within 10 or 15 dayes, and it is worth thrice ſo much as the Nutmegs themſelves, and the oyl hath very great vertue in comforting ſtomack, and inward parts, and aſſwaging the pain of the Mother, and Sciatica.

To make perfect oyle of Spike.

Take the flowres of Spike, and waſh them only in oyle Olive, and then ſtamp them well, then put them in a canvas bag, and preſſe them in a preſſe as hard as you can, and take that which commeth out, carefully, and put it into a ſtrong veſſel of glaſſe, and ſet it not in the Sun, for it will clear of it ſelfe, and wax fair and bright, and will have a very ſharp odour of the Spike; and thus you may make oyl of other herbs of like nature, as Lavender, Camomile, and ſuch like.

To make oile of Maſtick.

Take an ounce of Maſtick, and an ounce of Olibanum pounded as ſmall as is poſſible, and boyl them in oyl Olive (a quart to a third part;) then preſſe it, and put it into a glaſſe, and after ten or twelve dayes it will be perfect: it is exceeding good for any cold grief.

Thus having in a ſummary manner, paſſed over all the moſt Phyſical and Chyrurgical notes, which burthen the mind of our *Engliſh Houſe-wife*, being as much as is needful, for the preſervation of the health of her family; and having in this Chapter, ſhewed all the inward vertues wherewith ſhe ſhould be adorned: I will now return unto her more outward and active knowledges, wherein albeit the mind be as much occupied as before, yet is the body a great deal more in uſe: neither can the work be well effected by rule or direction.

THE

The Engliſh Houſe-wifes Skill in Cookery.

CHAP. I.

Of the outward and active Knowledge of the Houſe-wife, and of her Skill in Cookery, as Sallets of all ſorts, with Fleſh, Fiſh, Sauces, Paſtery, Banquetting-ſtuff, and ordring of great Feaſts.

TO ſpeak then of the outward and active Knowledges which belong unto our Engliſh Houſe-wife, I hold the firſt and moſt principall to be, a perfect skill and Knowledge in Cookery, together with all the ſecrets belonging to the ſame, becauſe it is a duty really belonging to women; and ſhe that is utterly ignorant therein, may not by Laws of ſtrict Juſtice, challenge the freedome of Marriage, becauſe indeed ſhe can then but perform half her vow: for ſhe may love and obey, but ſhe cannot cheriſh, ſerve, and keep him with that true duty which is ever expected.

She muſt know all herbs

To proceed then to this Knowledge of Cookery, you ſhall underſtand that the firſt ſtep thereunto is, to have knowledge of all ſorts of herbs belonging unto the Kitchin; whether they be for the Pot, for Sallets, for Sauces, for ſervings, or for any other ſeaſoning or adorning; which skill of Knowledge of the herbs, ſhe muſt get by her own true labour and experience and not by my relation, which would be much too tedious; and for the uſe of them, She ſhall ſee it in the compoſition of diſhes and meat hereafter following. She ſhall alſo know the time of the year, month, and Moon, in which all Hearbs are to be ſown; and when they are in their beſt flou-

riſhing, that gathering all herbs in their height of goodneſſe, ſhe may have the prime uſe of the ſame. And becauſe I will inable and not burden her memory, I will here give her a ſhort Epitomy of all that Knowledge.

Her skill in the Garden.

Firſt then, let our Engliſh Houſ wife know, that ſhe may then at all times of the month and moon generally ſow Aſparagus, Coleworts, Spinage, Lettice, Parſnips, Raddiſh, and Chives.

In *February*, in the New of the Moon, ſhe may ſow Spike, Garlick, Borage, Bugloſe, Chervile, Coriander, Gourds, Creſſes, Marjoram, Palma Chriſti, Flowre gentle, white Poppy, Purſlain, Radiſh, Rocket, Roſemary, Sorrel, double Marygolds and Time. The Moon full ſhe may ſow Anniſeed, Musked violets, Beets, Skirrits, white Succory, Fennel, and Parſley. The Moon old, ſow Holy thiſtle, cole Cabadge, white cole, green cole, Cucumbers, Hartſhorn, Dyers grain, Cabadge, Lettice, Mellions, Onions, Parſnips, Larks heel, Burnet, and Leeks.

In *March*, the Moon new ſow Garlick, Borrage, Bugloſs. Chervile, Coriander, Gourds, Marjoram, white Poppy, Purſlain, Radiſh Sorrel, double Marigolds, Time, Violets. At the full Moon, Anniſeed, Beets, Skirrits, Succory; Fennel, Apples of Love, and Marvellous Apples. At the wain, Hartichokes, Baſill, Bleſſed-thiſtle, cole Cabbadge, white Cole, green cole, Citrons, Cucumbers, Hartſ-horn, Samphire, Spinage, Gilly-flowrs, Iſop, Cabadge, Lettice, Mellons, Mugrets, Onions, Flower Gentil, Burnet, Leeks, and Savory. In *May*, the Moon old, ſow bleſſed thiſtle. In *June*, the Moon new, ſow Gourds and Radiſhes. The moon old, ſow Cucumbers, Mellons, Parſnips. In *July*, the Moon at full, ſow white Succory; and the moon old, ſow Cabadge Lettice. Laſtly, in *Auguſt*, the Moon at the full, ſow white Succory.

Tranſplanting of herbs.

Alſo ſhe muſt know that Herbs growing of Seeds may be tranſplanted at all times, except Chervile, Arage, Spinage, and Parſley, which are not good being once tranſplanted: obſerving ever to tranſplant them in moiſt and rainy weather.

Choice of ſeedes.

Alſo ſhe muſt know that the choice of ſeeds are two fold of which ſome grow beſt being new, and Cucumbers and Leeks, and

and ſome being old, as Coriander. Parſley, Beets, Origan, Savory, Creſſes, Spinage, and Poppy: you muſt keep cold Lettice, Hartichokes, Baſil, Holy thiſtle, Cabage, Cole, Dyers grain, and Mellions fifteen dayes after they put forth of the earth.

Alſo ſeeds proſper better being ſown in temperate weather then in hot, cold, or dry dayes. In the month of April, the Moon being new, ſow Marjoram, Flowre-gentle, Time, Violets: in the full Moon Apples of Love, and marvellous apples; and in the Wain, Hartichokes, Holy thiſtle, Cabage, Cole, Citrons, Hartſhorn, Samphire Gillyflowres and Parſnips.

Seeds muſt be gathered in fair weather at the wain of the Moon, and kept ſome in Boxes of Wood, ſome in bags of Leather, and ſome in Veſſels of Earth, and after to be well cleanſed and dryed in the Sun or ſhadow: otherſome, as Onions, Chibols, and Leeks, muſt be kept in their husks: Laſtly, ſhe muſt know that it is beſt to plant in the laſt quarter of the Moon: to gather grafts in the laſt but one, and to graft two dayes after the change; and thus much for her Knowledge briefly of Hearbs, and how ſhe ſhall have them continually for her uſe in the Kitchin. Gathering of ſeeds.

It reſteth now that I proceed unto Cookery it ſelf, which is the dreſſing and ordering of meat, in good and wholſome manner; to which when our Houſwife ſhall addreſs her ſelf, ſhe ſhall well underſtand that theſe qualities muſt ever accompany it: Firſt, ſhe muſt be cleanly both in body and garments, ſhe muſt have a quick eye, a curious noſe, a perfect taſte, and ready ear; (ſhee muſt not be butter fingred; ſweet toothed, nor faint hearted) for the firſt will let every thing fall, the ſecond will conſume what it ſhould increaſe; and the laſt will loſe time with too much niceneſſe. Now for the ſubſtance of the Art it ſelf, I will divide it into five parts: The firſt, Sallets and Fricaſes; the ſecond, boyled Meats and Broths; the third, Roſte meats and Carbonadoes; the fourth Bak't meats and Pyes; and the fift banquetting and made diſhes, with other conceits and ſecrets. Of Cookery and the parts thereof.

Fift then to ſpeak of Sallets, there be ſome ſimple, ſome compounded, ſome onely to furniſh out the Table, and ſome both for uſe and adornation: your ſimple Sallets are Chibols Of Sallets, ſimple and plain.

pilled, waſht clean, and half of the green topps cut clean away, ſo ſerved on a fruit diſh, or Chives, Scallions, Radiſh-rootes, boyled Carrets, Skirrets, and Turnips. which ſuch like ſerved up ſimply: alſo, all young Lettice, Cabbage-lettice, Purſlane, and divers other herbs which may be ſerved ſimply without any thing but a little Vineger Sallet Oyl, and Suger: Onions boyled, and ſtript from their rind, and ſerved up with Vineger, Oyle, and Pepper, is a good ſimple Sallet; ſo is Camphire, Bean cods, Sparagus, and Cucumbers, ſerved in likewiſe with Oyle, Vineger, and Pepper, with a world of others, too tedious to nominate.

Of compound Sallets.

Your compound Sallets, are firſt the young Buds and Knots of all manner of wholſome Herbs at their firſt ſpringing; as red Sage, Mint, Lettice, Violets, Marigolds, Spinage, and many other mixed together, and then ſerved up to the Table with Vinegar, Sallet-Oyle, and Suger.

Another compound Sallet.

To compound an excellent Sallet, and which indeed is uſuall at great Feaſts, and upon Princes Tables. Take a good quantity of blancht Almonds, and with your ſhredding knife cut them groſſely; then take as many Raiſins of the Sun clean waſht, and the ſtones pickt out, as many Figs ſhred like the Almonds, as many Capers, twice ſo many Olives, and as many Currants as of all the reſt, clean waſht. a good handfull of the ſmall tender leaves of red Sage and Spinage: mixe all theſe well together with good ſtore of Sugar, and lay them in the bottome of a great diſh; then put unto them Vineger and Oyl, and ſcrape more Suger over all: then take Oranges and Lemmons, and paring away the outward pilles, cut them into thinne ſlices, then with thoſe ſlices cover the Sallet all over; which done, take the fine thinne leafe of the red Cole flowre, and with them cover the Oranges and Lemmons all over; then over thoſe Red leaves lay another courſe of old Olives, and the ſlices of well pickled Cucumbers, together with the very inward heart of Cabbage lettice cut into ſlices, then adorn the ſides of the diſh, and the top of the Sallet with more ſlices of Lemons and Oranges, and ſo ſerve it up.

To make an excellent compound boyl'd Sallet: take of Spinage,

Spinage well waſht, two or three handfuls, and put into it fair water, and boyl it till it be exceeding ſoft, and tender as pap; then put it into a Cullander, and drain the water from it, which done, with the back ſide of your Chopping knife chop it, and bruiſe it as ſmall as may be; then put it into a Pipkin with a good lump of ſweet butter, and boyl it over againe; then take a good handfull of Currants cleane waſht, and put to it, and ſtir them well together; then put to as much Vinegar as will make it reaſonable tart, and then with Sugar ſeaſon it according to the taſte of the Maſter of the houſe, and ſo ſerve it upon ſippets. An excellent boyled Sallet.

Your preſerved Sallats are of two kinds, either pickled, as are Cucumbers, Samphire, Purſlan, Broom, and ſuch like; or preſerved with Vinegar, as Violets, Primroſe, Cowſlips, Gilly flowers, of all kinds, Broom-flowers, and for the moſt part any wholſome flower whatſoever. Of preſerving of Sallats.

Now for the pickling of Sallats, they are only boyled and then drained from the water, ſpread upon a Table, and good ſtore of ſalt thrown over them, then when they are thorough cold, make a pickle with water, ſalt, and a little vinegar, and with the ſame, pot them up in cloſe earthen pots, and ſerve them forth as occaſion ſhall ſerve.

Now for preſerving of Sallats; you ſhall take any of the flowers before-ſaid, after they have been pickt clean from their ſtalks, and the white ends (of them which have any) clean cut away, and waſht and dryed, and taking a glaſſe pot, like a Gilly-pot, or for want thereof a gally-pot it ſelfe, and firſt ſtrew a little Sugar in the bottom, then lay a layer of the Flowers, then cover that layer over with Sugar, then lay another layer of the Flowers, and another of Sugar; and thus do one above another till the pot be filled, ever and anon preſſing them hard down with your hand: this done, you ſhall take of the beſt and ſharpeſt Vinegar you can get, (and if the Vinegar be diſtilled vinegar, the flowers will keep their colours the better) and with it fill up your pot till the Vinegar ſwim aloft, and no more can be received; then ſtop up the pot cloſe, and ſet them in a dry temperate place, and uſe them at pleaſure, for they will laſt all the year.

The making of Strange Sallets.

Now for the compounding of Sallats, of theſe pickled and preſerved things, though they may be ſerved up ſimply of themſelves, and are both good and dainty; yet for better curioſity, and the finer adorning of the Table, you ſhall thus uſe them. Firſt, if you would ſet forth any Red flower, that you know or have ſeen, you ſhall take your pots of preſerved Gilliflowers, and ſuting the colours anſwerable to the flower you ſhall proportion it forth, and lay the ſhape of the Flower in a Fruit diſh; then with your Purſlan leaves, make the green Coffin of the Flower, and with the Purſlan ſtalks, make the ſtalk of the flower, and the diviſions of the leaves and branches, then with the thinne ſlices of Cowcumbers, make their leaves in true proportions, jagged or otherwiſe: and thus you may ſet forth ſome full blown, ſome halfe blown, and ſome in the bud, which will be pretty and curious. And if you will ſet forth yellow flowers, take the pots of Primroſes and Cowſlips, if blew flowers, then the pots of Violets, or Bugloſſe flowers; and theſe Sallets are both for ſhew and uſe, for they are more excellent for taſte, then for to look on.

Sallets for ſhew only.

Now for Sallets for ſhew only, and the adorning and ſetting out of a Table with number of diſhes, they be thoſe which are made of Carret roots of ſundry colours well boyled, and cut into many ſhapes and proportions, as ſome into Knots, ſome in the manner of Scutions, and Armes, ſome like Birds, and ſome like Wild Beaſts, according to the Art and cunning of the Workman; and theſe for the moſt part are ſeaſoned with Vinegar, Oyl, and a little Pepper. A World of other Sallets there are, which time and experience may bring to our Houſ-wifes eye, but the compoſition of them, and the ſerving of them, differeth nothing from theſe already rehearſed.

Of Fricaſes and Quelquechoſes.

Now to proceed to your Fricaſes, or Quelquechoſes, which are diſhes of many compoſitions, and ingredients, as Fleſh, Fiſh, Egs, Herbs, and many other things, all being prepared and made ready in a frying pan, they are likewiſe of two ſorts, ſimple and compound.

Of ſimple Fricaſes.

Your ſimple Fricaſes are Egges and Collops fryed, whether th:

the Collops be of Bacon, Ling, Beef, or young Pork, the frying whereof is ſo ordinary, that it needeth not any relation, or the frying of any Fleſh, or Fiſh ſimple of it ſelf with butter or ſweet Oyl.

To have the beſt Collops and Egges, you ſhall take the whiteſt and youngeſt Bacon, and cutting away the ſword, cut the Collops into thinne ſlices, lay them in a diſh, and put hot water unto them, and ſo let them ſtand an hour or two, for that will take away the extream ſaltneſſe; then drain away the water clean, and put them in a dry pewter diſh, and lay them one by one, and ſet them before the heat of the fire, ſo as they may toaſt; and turne them ſo, as they may toaſt ſufficiently thorow and thorow: which done, take your Egges and break them into a diſh, and put a ſpoonfull of Vinegar unto them: then ſet on a clean Skillet with fair water on the fire, and as ſoon as the water boyleth, put in the Egges, and let them take a boyl or two; then with a ſpoon try if they be hard enough, and then take them up and trim them, and dry them, and then diſhing up the Collops, lay the Eggs upon them, and ſo ſerve them up: and in this ſort, you may poach Egges when you pleaſe, for it is the beſt and moſt wholeſome. Beſt Collops and eggs.

Now the compound Fricaſes are thoſe which conſiſt of many things, as Tanſies Fritters, Pancakes, and any Quelquechoſe whatſoever, being things of great Requeſt and Eſtimation in *France*, *Spain*, and *Italy*, and the moſt curious Nations. Of the compound Fricaſes.

Firſt, then for making the beſt Tanſie, you ſhall take a certain number of Eggs, according to the bigneſſe of your Frying-panne, and break them into a diſh, abating ever the white of every third Egge: then with a ſpoon, you ſhall cleanſe away the little white Chicken knots, which ſtick unto the yolks; then with a little Cream, beat them exceedingly together: then take of green Wheat blades, *Violet leaves*, *Strawbery leaves*, *Spinage*, and *Succory*, of each a like quantity, and a few *Walnut Tree buds*; chop and beat all theſe very well, and then ſtrain out the juyce, and mixing it with a little more Cream, put it to the Egges, and ſtir all well together; then To make the beſt Tanſey.

put in a few Crums of bread, fine grated bread, Cinamon, Nutmegge, and Salt; then put ſome ſweet Butter into the Frying-pan, and ſo ſoon as it is diſſolved or melted, put in the Tanſey, and fry it brown without burning, and with a diſh turn it in the panne as occaſion ſhall ſerve; then ſerve it up, having ſtrewed good ſtore of Sugar upon it, for to put in Sugar before, will make it heavy: Some uſe to put of the herb Tanſey into it, but the Walnut-tree buds do give the better taſt or relliſh, and therefore, when you pleaſe for to uſe the one, do not uſe the other.

The beſt Fritters. To make the beſt Fritters, take a pint of Cream and warm it; then take eight Egges, only abate four of the Whites, and beat them well in a diſh, and ſo mixe them with the Cream; then put in a little Cloves, Mace, Nutmeg, and Saffron, and ſtirre them well together: then put in two ſpoonfulls of the beſt Ale barm, and a little Salt, and ſtirre it again, then make it thick according unto your pleaſure with wheat flower; which done, ſet it within the air of the fire, that it may riſe and ſwell, which when it doth, you ſhall beat it in once or twice; then put into it a penny pot of Sack: all this being done, you ſhall take a pound or two of very ſweet ſeame, and put it into a panne, and ſet it over the fire, and when it is moulten, and beginnes to bubble, you ſhall take the Fritter-batter, and ſetting it by you, put thick ſlices of well pared Apples into the Batter, and then taking the Apples and Batter out together with a ſpoon, put it into the boyling ſeam, and boyl your Fritters criſpe and brown: And when you find the ſtrength of your ſeame conſume or decay, you ſhall renew it with more ſeame: and of all ſorts of ſeame, that which is made of the Beef ſuet is the beſt and ſtrongeſt: when your Fritters are made, ſtrew good ſtore of Sugar and Cinamon upon them, being faire diſht, and ſo ſerve them up.

The beſt Pancakes. To make the beſt Pancake, take two or three Egges, and break them into a diſh, and beat them well; then adde unto them a pretty quantity of fair running Water, and beat all well together: then put in Cloves, Mace, Cinamon, and Nutmeg, and ſeaſon it with Salt; which done, make it as thick as you

you think good with fine Wheat-flower, then fry the Cakes as thinne as may be with ſweet butter, or ſweet ſeame, and make them brown, and ſo ſerve them up with Sugar, ſtrowed upon them. There be ſome which mixe Pancakes with new Milk or Cream, but that makes them tough, cloying and not ſo criſp, pleaſant and ſavory as running water.

To make the beſt Veale Toſts, take the Kidney, fat and all, of a loyn of Veale roſted, and ſhred it as ſmall as is poſſible: Then take a couple of Egges and beat them very well; which done, take Spinnage, Succory, Violet-leaves, and Marigold-leaves, and beat them, and ſtrain out the juyce, and mixe it with the Egges: then put it to your Veale, and ſtirre it exceedingly well in a diſh; then put to good ſtore of Currants clean waſht and pickt, Cloves, Mace, Cinamon, Nutmeg, Sugar, and Salt, and mixe them all perfectly well together: then take a manchet and cut it into Toſts, and toſt them well before the fire; then with a ſpoon lay upon the Toſt in a good thickneſſe, the Veal, prepared as before-ſaid; which done, put into your Frying-pan good ſtore of ſweet butter, and when it is well melted and very hot, put your Toſtes into the ſame with the bread ſide upward, and the fleſh ſide downward, and as ſoon as you ſee they are fryed brown, lay upon the upper ſide of the Toſts which are bare, more of the fleſh meat, and then turn them, and fry that ſide brown alſo; then take them out of the panne, and diſh them up, and ſtrow Sugar upon them, and ſo ſerve them forth. Veal Toſts.

There be ſome Cooks which will do this but upon one ſide of the Toſts, but to do it on both is much better; if you add Cream it is not amiſſe.

To make the beſt Panperdy, take a dozen Egges, and break them, and beat them very well; then put unto them Clove, Mace, Cinamon, Nutmeg, and good ſtore of Sugar, with as much Sall as ſhall ſeaſon it: then take a Manchet, and cut it into thick ſlices like Toſtes: which done, take your Frying-panne, and put into it good ſtore of ſweet butter, and being melted, lay in your ſlices of bread, then powr upon them one half of your Egges, then when it is fryed, with a diſh turn your ſlices of bread upward, and then powre on them the other To make the beſt Panperdy.

ther half of your Egges, and ſo turn them till both ſides be brown; then diſh it up, and ſerve it with Sugar ſtrewed upon it.

To make any Quelquechoſe

To make a Quelquechoſe, which is a mixture of many things together; take the Eggs and break them, and do away one half of the Whites, and after they are beaten, put them to a good quantity of ſweet Creame, Currants, Cinamon, Cloves, Mace, Salt, and a little Ginger, Spinage, Endive, and Mary-gold flowers groſſely chopt, and beat them all very well together; then take Pigges Pettitoes ſlic'd and groſſely chopt, mixe them with the Eggs, and with your hand ſtirre them exceeding well together; then put ſweet butter in your Frying panne, and being melted, put in all the reſt, and fry it brown without burning, ever and anon turning it, till it be fryed enough; then diſh it up upon a flat plate, and ſo ſerve it forth. Onely here is to be obſerved, that your Pettitoes muſt be very well boyled before you put them into the Fry-caſe.

Additions to the Houſewife

And in this manner, as you make this Quelquechoſe, ſo you may make any other, whether it be of fleſh, ſmall Birds, ſweet Roots, Oyſters, Muſſels, Cockles, Giblets, Lemons, Oranges, or any Fruit, Pulſe, or other Sallat herb whatſoever, of which to ſpeak ſeverally, were a Labour infinite, becauſe they vary with mens opinions. Onely the compoſition, and work is no other than this before preſcribed: and who can do theſe, need no further inſtruction for the reſt. And thus much for *Sallets* and *Fricaſes*.

Cookery.

To make Fritters.

To make Fritters another way; take Flower, Milk, Barm, grated bread, ſmall Raiſins, Cinamon, Sugar, Cloves, Mace, Pepper, Saffron, and Salt; ſtirre all theſe together very well with a ſtrong ſpoon, or ſmall ladle, then let it ſtand more than a quarter of an hour, that it may riſe; then beat it in again, and thus let it riſe, and be beat in twice or thrice at leaſt; then take it and bake them in ſweet and ſtrong ſeame, as hath been before ſhewed, and when they are ſerved up to the Table, ſee you ſtrow upon them good ſtore of Sugar, Cinamon, and Ginger.

To make the beſt white Puddings.

Take a pint of the beſt, thickeſt, and ſweeteſt Creame, and boyl

boyl it, then whilſt it is hot, put thereunto a good quantity of great ſweet Oatmeale Grots very ſweet, and clean pickt, and formerly ſteept in milk twelve hours at leaſt, and let it ſoak in this Creame another night; then put thereto at leaſt eight yolkes of Egges, a little Pepper, Cloves, Mace, Saffron; Currants, Dates, Sugar, Salt, and great ſtore of Swines Suet, or for want thereof, great ſtore of Beef ſuet, and then fill it up in the farmes according unto the order of good Houſewiferie; and then boyl them on a ſoft and gentle fire, and as they ſwell, prick them with a great Pin, or ſmall Awl, to keep them that they burſt not; and when you ſerve them to the Table, (*which muſt not be untill they be a day old*) firſt boyl them a little, then take them out, and toaſt them brown before the fire, and ſo ſerve them, trimming the edge of the diſh either with Salt or Sugar.

Puddings of a Hogs Liver.

Take the Liver of a fat Hogge, and parboyl it; then ſhred it ſmall, and after beat it in a Morrar very fine; then mixe it with the thickeſt and ſweeteſt Cream, and ſtrain it very well through an ordinary ſtrainer: then put there to ſix yolkes of Egges and two Whites, and the grated crummes of (near hand) a penny White loave with good ſtore of Currants, Dates, Cloves, Mace, Sugar, Saffron, Salt, and the beſt Swines ſuet, or Beef-ſuet, but Beef-ſuet is the more wholſome, and leſſe looſning; then after it hath ſtood a while, fill it into the Farmes, and boyl them as before ſhewed: and when you ſerve them unto the Table, firſt boyl them a little, then lay them on a Gridiron over the coals, and broyl them gently, but ſcorch them not, nor in any wiſe break their skinnes, which is to be prevented by oft turning and toſſing them on the Gridiron, and keeping a ſlow fire.

To make bread puddings.

Take the Yolkes and Whites of a dozen or fourteen Egges, and having beat them very well, put unto them the fine powder of Cloves, Mace, Nutmegges, Sugar, Cinamon, Saffron, and Salt; then take the quantity of two loaves of white grated Bread, Dates (very ſmall ſhred) and great ſtore of Currants, with good plenty either of Sheeps, Hoggs, or Beef ſuet beaten and cut ſmall: then when all is mixt, and ſtirred well together, and hath ſtood a while to ſettle, then fill it into the

Farms

Farms, as hath been before ſhewed, and in like manner boyl them, cook them, and ſerve them to the Table.

Rice puddings. Take halfe a pound of Rice, and ſteep it in new Milk a whole night, and in the morning drain it, and let the Milk drop away, and take a quart of the beſt, ſweeteſt, and thickeſt Cream, and put the Rice into it, and boyl it a little; then ſet it to cool an hour or two, and after put in the Yolkes of halfa dozen Eggs, a little Pepper, Cloves, Mace, Currants, Dates, Sugar, and Salt; and having mixt them well together, put in great ſtore of Beef ſuet well beaten, and ſmall ſhred, and ſo put it into the farms, and boyl them as before ſhewed, and ſerve them after a day old.

Another of Liver. Take the beſt Hogs Liver you can get, and boyl it extreamly, till it be as hard as a ſtone, then lay it to cool, and being cold, upon a bread grater grate it all to powder; then ſift it through a fine Meal-ſive, and put to it the crummes of (at leaſt) two penny loaves of white bread, and boyl all in the thickeſt and ſweeteſt Cream you have, till it be very thick; then let it cool, and put to it the yolkes of halfa dozen Eggs, a little Pepper, Cloves, Mace, Currants, Dates ſmall ſhred, Cinamon, Ginger, a little Nutmeg, good ſtore of Sugar, a little Saffron, Salt, and of Beef, and Swines ſuet, great plenty, then fill it into the Farmes, and boyl them as before ſhewed.

Puddings of a Calves Mugget. Take a Calves Mugget, clean and ſweet dreſt, and boyl it well; then ſhred it as ſmall as is poſſible, then take of Strawberry leaves, of Endive, Spinage, Succory, and Sarnell, of each a pretty quantity, and chop them as ſmall as is poſſible, and then mixe them with the Mugget; then take the yolkes of half a dozen Egges, and three whites, and beat them into it alſo; and if you find it is too ſtiffe, then make it thinner with a little Creame warmed on the fire, then put in a little Pepper, Cloves, Mace, Cinamon, Ginger, Sugar, Currants, Dates, and Salt, and work altogether, with caſting in little pieces of ſweet butter one after another, till it have received good ſtore of butter, then put it up in the Calves-bag, Sheeps-bag, or Horſe-bag, and then boyl it well, and ſo ſerve it up.

Take

Take the blood of a Hogge whilſt it is warme, and ſteep it in a quart or more of great Oate-meal grotes, and at the end of three dayes with your hands take the Grotes out of the blood, and drain them clean; then put to thoſe Grotes more then a quart of the beſt Cream warm'd on the fire; then take mother of Time, Parſley, Spinage, Succory, Endive, Sorrel, and Straw berry leaves, of each a few chopt exceeding ſmall, and mixe them with the Grotes, and alſo a little Fennel-ſeed, finely beaten, then adde a little Pepper, Cloves, and Mace, Salt, and great ſtore of ſuet finely ſhred, and well beaten: then therewith fill your Forms, and boyl them, as hath been before deſcribed. A Pudding.

Take the largeſt of your Chines of Pork, and that which is called a Liſt, and firſt with your Knife cut the lean thereof into thinne ſlices, and then ſhred ſmall thoſe ſlices, and then ſpread it over the bottome of a diſh or woodden platter: then take the fat of the Chine and the liſte, and cut it in the very ſelf ſame manner, and ſpread it upon the lean, and then cut more lean, and ſpread it upon the fat, and thus do one lean upon another, till all the Pork be ſhred, obſerving to beginne and end with the lean: then with your ſharp Knife ſcotch it through and through divers wayes, and mixe it all well together: then take good ſtore of Sage, and ſhred it exceeding ſmall, and mixe it with the fleſh; then give it a good ſeaſon of Pepper and Salt, then take the formes made as long as is poſſible, and not cut in pieces as for puddings, and firſt blow them well to make the meat ſlip, and then fill them: which done, with threds divide them into ſeveral links as you pleaſe; then hang them up in the corner of ſome Chimny clean kept, where they may take air of the fire, and let them dry there at leaſt four dayes before any be eaten; and when they are ſerved up let them be either fryed, or broyled on the Grydiron, or elſe roaſted about a Capon. Links.

It reſteth now that wee ſpeak of boyl'd meat and brothes, which foraſmuch as our Houſwife is intended to be general, one that can as well feed the poor as the rich, we firſt begin with thoſe ordinary wholſome boyl'd meats which are of uſe in every good mans houſe; therefore to make the beſt ordinary Of boyled meats ordinary

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nary Pottage, you ſhall take a rack of mutton cut into pieces; or a leg of mutton cut into pieces; for this meat, and theſe joynts are the beſt although any other joynt or any freſh Beef will likewiſe make good Pottage, and having waſht your meat well, put it into a clean pot with fair water, and ſet it on the fire then take *Violet* leaves, *Succory*, *Strawbery* leaves, *Spinage*, *Langdebeef*, *Marygold* flowrs, *Scallions*, and a little *Parſley*, and chop them very ſmall together: then take half ſo much Oat meale well beaten as there is herbs, and mixe it with the herbs, and chop all very well togethr, then when the pot is ready to boyl, ſcum it very well, and then put in your Hearbs, and ſo let it boyl with a quick fire, ſtirring the meat oft in the pot, till the meat be boyl'd enough, and that the herbs and water are mixt together without any ſeparation, which will be after the conſumption of more then a third part: Then ſeaſon them with ſalt and ſerve them up with the meat, either with ſippets or without.

Pottage without ſight of herbs.

Some deſire to have their pottage green, yet no hearbs to be ſeen, in this caſe, you muſt take your hearbs and oat meal, and after it is chopt put it into a ſtone morter, or bowl; and with a wooden peſtel beat it exceedingly, then with ſome of the warme liquor in the pot, ſtrain it as hard as may be, and ſo put it in and boyl it.

Pottage without herbs.

Others deſire to have pottage without any herbs at all, and then you muſt only take Oat meal beaten, and good ſtore of Onions and put them in, and boyl them together; and thus doing you muſt take a greater quantity of oat meal then before.

Pottage with herbs.

If you will make pottage of the beſt and daintieſt kind, you ſhall take Mutton, Veal or Kidde, & having broken the bones but not cut the fleſh in pieces, and waſht it, put it into a pot with fair water, after it is ready to boyl, and throughly skumm'd, you ſhall put in a good handfull or two of ſmall Oat meal: and then take whole Lettice, of the beſt and moſt inward leaves, whole Spinage, Endive, Succory, and whole leaves Cole flowrs or the inward part of white Cabbage, with two or three ſlic't Onions: & put all into the pot, and boyl them well together till the meat be enough, and the Hearbs ſo ſoft as may be, and ſtirre them oft well together; and then ſeaſon it with ſalt, and as much Verjuyce

juyce as will only turn the taſt of the Pottage; and to ſerve them up, covering the meat with the whole herbs; and adorning the diſh with ſippets.

To make ordinary ſtew'd broth, you ſhall take a neck of Veal or a legg, or mary bone of beef, or a pullet, or mutton, and after the meat is waſht, put it into a pot with fair water, and being ready to boly, skumme it well: then you ſhall take a couple of Manchets, and paring away the cruſt, cut it into thick ſlices, and lay them in a diſh, and cover them with hot broth out of the pot; when they are ſteept, put them and ſome of the broth into a ſtrainer and ſtrain it, and then put it into a pot: then take halfe a pound of Prunes, halfe a pound of Raiſins, and a quarter of a pound of Currants cleane pickt and waſht, with a little whole Mace, and two or three bruiſed Cloves, and put them into the pot, and ſtirre all well together, and ſo let them boyle till the meat be enough, then if you will alter the colour of the broth, put in a little Turnſoyle, or red Sanders, and ſo ſerve it upon ſippets, and the fruit uppermoſt. To make ordinary ſtew'd broth.

To make an excellent boyled meat, take four pieces of a rack of mutton, and waſh them clean, and put them into a pot well ſcoured with fair water; then take a good quantity of Wine and Verjuyce, and put it into it; then ſlice a handfull of Onions, and put them in alſo, and ſo let them boyl a good while, then take a piece of ſweet Butter with Ginger and Salt, and put it to alſo, and then make the broth thick with grated bread, and ſo ſerve it forth with ſippets. A fine boyled meat.

To boyl a *Mallard* curiouſly, take the *Mallard* when it is fair dreſſed, waſhed and truſt, and put it on a ſpit and roaſt it till you get the gravy out of it: then take it from the ſpit and boyl it, then take the beſt of the broth into a pipkin, and the gravy which you ſaved, with a peece of ſweet butter, and Currants Vineger, Pepper, and grated Bread: Thus boyl all theſe together, and when the *Mallard* is boyled ſufficiently, lay it on a diſh with ſippets, and the broth upon it, and ſo ſerve it forth. To boyl a Mallard.

To make an excellent *Olepotride*, which is the onely principall

pall diſh of boyled meat which is eſteemed in all *Spain*: you ſhall take a very large veſſel pot or Kettle, and filling it with water, you ſhall ſet it on the fire, and firſt put in good thick gobbers of well fed beef, and being ready to boyl, ſkum your pot; when the beef is half boyled, you ſhall put in it Potato-roots, Turneps and Carrets: alſo like gobbets of the beſt Mutton, and the beſt Pork; after they have boyled a while: you ſhall put in the like gobbets of Veniſon red and Fallow if you have them; then the like gobbets of Veal, Kid, and Lamb a little ſpace after theſe, the fore parts of a fat Pigge, and a cramb'd Pullet: then put in Spinage, Endive, Succory, Marygold leaves and ffowrs, Lettice, Violet leaves, Strawberry leaves, Bugloſſe and Scallions all whole and unchopt, then when they have boyled a while, put in a Partridge and a Chicken chopt in pieces, with Quails, Rayles, Black birds, Larks, Sparrowes, and other ſmall birds, all being well and tenderly boyled, ſeaſon up the broth with good ſtore of Suger, Cloves, Mace, Cinamon, Ginger, and Nutmeg, mixt together in a good quantity of Verjuyce and Salt, and ſo ſtirre up the pot well from the bottome: then diſh it up upon great Charges or long Spaniſh Diſhes made in ſtore of ſippets in the bottome: then cover the meat all over with Prunes, Raiſins, Currants, and blancht Almonds, boyled in a thing by themſelves; then cover the fruit and the whole boyled herbs, and the herbs with ſlices of Oranges and Lemmons, and lay the roots round about the ſides of the diſh, and ſtrew good ſtore of Sugar over all, and ſo ſerve it forth.

To make the beſt white broth.

To make the beſt white broth, whether it be with Veal Capon, Chickins, or any other foul or Fiſh: Firſt boyl the fleſh or Fiſh by it ſelf, then take the value of a quart of ſtrong Mutton broth, or ſad Kid broth, and put it into a pipkin by it ſelf, and put into it a bunch of Time, Marjoram, Spinage, and Endive bound together; then when it ſeeths, put in a pretty quantity of Beefe-marrow, and the marrow of mutton with ſome whole Mace and a few bruiſed Cloves: then put in a pint of White wine with a few whole ſlices of Ginger: after they have boyled a while together, take blancht Almonds, and having beaten them together in a morter with ſome of the broth, ſtrain them and

put

put it in alſo : then in another Pipkin boyl Currants, Prunes, Raiſins and whole Cinamon in Verjuyce and Suger with a few ſliced Dates ; and boyl them till the verjuyce be moſt part conſumed, or at leaſt come to ſirrup ; then drain the fruit from the ſirrup, and if you ſee it be high coloured, make it white with ſweet cream warmed, and ſo mixe it with your Wine broth : then take out the Capon or the other fleſh or Fiſh, and diſh it up dry in a diſh ; then pour the broth upon it, and lay the fruit on the top of the meat, and adorn the ſide of the diſh with very dainty ſippets, Firſt Orenges, Lemons and Suger, and ſo ſerve it forth to the table.

To boyl any wild Fowl, *Mallard, Teal, Widgeon*, or ſuch like : First boyl the Fowl by it ſelf, then take a quart of ſtrong Mutton broth, and put it into a Pipkin and boyl it ; then put unto it good ſtore of ſliced Onions, a bunch of ſweet pot herbs and a lump of ſweet butter : after it hath boyled well, ſeaſon it with verjuyce ſalt and ſuger, and a little whole Pepper ; which done, take up your fowl and break it according to the faſhion of carving, and ſtick a few Cloves about it ; then put it into the broth with Onions, and there let it take a boyl or two, and ſo ſerve it and the broth forth upon the ſippets : ſome uſe to thicken it with toaſts of bread ſteept and ſtrained, but that is as pleaſes the Cook. To boyl any wild fowl.

To boyl a legge of *Mutton*, or any other joynt of meat what ſoever ; firſt after you have waſht it clean, par-boyl it a little, then ſpit it and give it halfe a dozen turnes before the fire, then draw it when it begins to drop and preſſe it between two diſhes, and ſave the gravy ; then ſlaſh it with your Knife, and give it halfe a dozen turnes more, and then preſſe it again, and thus doe as often as you can force any moyſture to come from it ; then mixing Mutton broath, White Wine, and Verjuyce together, boyl the Mutton therein till it be tender, and that moſt part of the liquor is cleane conſumed ; then having all that while kept the gravy you took from the Mutton ſtewing gently upon a Chafing diſh and coals, you ſhall adde unto it good ſtore of Salt, Suger, Cinamon and Ginger, with ſome Lemon ſlices, and a little of an Orenge peel, with a few fine white bread crummes : then taking up the Mutton, put the remainder of the broath in To boyl a leg of Mutton.

and put in likewiſe the gravy, and then ſerve it up with ſippets, laying the Lemmon ſlices uppermoſt, and trimming the Diſh about with uger.

If you will boyl Chickens, young Turkeys, Pea-hens, or Houſe fowle daintily; you ſhall, after you have trimmed them, drawn them, truſt them; and waſht them, fill their belleys as full of Parſley as they can hold: then boyle them with Salt and water onely, till they be enough: then take a diſh and put into it Verjuyce and Butter, and Salt, and then when the butter is melted, take the Parſly out of the Chickens belly, and mince it very ſmall, and then put it to the Verjuyce and Butter: and ſtir it well together; then lay in the Chickens, and trimme the diſh with ſippets and ſo ſerve it forth.

A broth for any freſh fiſh.

If you will make broth with any freſh Fiſh whatſoever, whether it be Pike, Bream, Carp, Eele, Barbel, or ſuch like: you ſhall boyl water, Verjuyce and Salt together with a handfull of ſliced Onyons; then you ſhall thicken it with two or three ſpoonfulls of Ale barm, then put in a good quantity of whole Barberies, both branches and other, as alſo pretty ſtore of Currants: then when it is boyled enough, Diſh up your Fiſh and poure your broth unto it, laying your fruit and Onyons uppermoſt. Some to this broth will put Prunes and Dates ſliced, but it is according to the fancy of the Cook, or the Will of the Houſeholder.

Additions to boyl meat.

Thus I have from theſe few preſidents ſhewed you the true Art and making of all ſorts of boyled meats, and broths and though men may coyn ſtrange names, and feign ſtrange Arts, yet be aſſured ſhe that can do theſe, may make any other whatſoever, altering the taſt by the alteration of the compounds as ſhe ſhall ſee occaſion; And when a broth is too ſweet, to ſharpen it with Verjuyce; when too tart to ſweeten it with Suger; when flat and wallowiſh, to quicken it with Orenges and Lemmons; and when too bitter to make it pleaſant with herbs and ſpices.

A Mallard vnroared, or a Hare, or old Couy.

Take a Mallard when it is clean dreſſed, waſhed and truſt, and parboyl it in water, till it be skumm'd and purified: then take it up, and put it into a Pipkin with the neck downward, and the tayl upward, ſtanding as it were, upright: then fill the

Pipkin

Pipkin half full with that water, in which the Mallard was parboyled, and fill up the other half with white wine: then peel and ſlice thin a good quantity of Onyons, and put them in with whole fine hearbs, according to the time of the year, as Lettice, Strawbery leaves, Violet leaves, Vine leaves, Spinage, Endive, Succory, and ſuch like, which have no bitter or hard taſte, and a pretty quantity of Currants and Dates ſliced: then cover it cloſe, and ſet it on a gentle fire, and let it ſtew, and ſmoar till the hearbs and onyons be ſoft, and the Mallard enough, then take out the Mallard, and Carve it as if it were to go to the Table: then to the broth put a good lump of butter, Suger, Cinamon; and if it be in Summer, ſo many Gooſeberryes as will give it a ſharp taſte, but in the Winter, as much Wine vineger then heat it on the fire and ſtir all well together: then lay the Mallard in a diſh with ſippets, and pour all this broth upon it, then trim the edge of the diſh with Suger, and ſo ſerve it up. And in this manner you may alſo ſmoar the hinder parts of a Hare, or a whole old Cony, being truſt up cloſe together.

After your Pike is dreſt and opened in the back, and laid flat, as if it were to frye, then lay it in a large diſh for the purpoſe, able to receive it; then put as much White wine to it, as will cover it all over; then ſet it on a chafingdiſh and coals to boyl very gently, and if any skum ariſe, take it away; then put to it Currants, Sugar, Cynamon, Barbery berries, and as many Prunes as will ſerve to garniſh the diſh, then cover it cloſe with another diſh and let it ſtew till the fruit be ſoft, and the Pike enough; then put to it a good lump of ſweet butter; then with a fine skummer, take up the fiſh, and lay it in a clean diſh with ſippets, then take a couple of yolks of eggs, the film taken away, and beat them well together with a ſpoonfull or two of Creame, and as ſoon as the Pike is taken out put it into the broath and ſtir it exceedingly, to keep it from curding, then pour the broth upon the Pike, and trim the ſides of the diſh with Suger, Prunes, and Barberies, ſlices of Orenges or Lemmons, and ſo ſerve it up. And thus may you alſo ſtew Roches, Gurnets, or almoſt any ſea fiſh or freſh fiſh. To ſtew a pike

Take a Lambs head and Purtenance, clean waſht and pickt, and put it into a Pipkin with fair water, and let it boyl, and skum To ſtew a Lambs head & Purtenance,

skumme it clean, then put Currants and a few ſliced Dates, and a bunch of the beſt farcing herbs tyed up together, and ſo let it boyl well till the meat be enough: then take up the Lambs head and Purtenance, and put it into a clean diſh with ſippets; then put in a good lump of butter, and beat the yolks of two egs with a little Cream, and put it to the broth with Suger, Cinamon, and a ſpoonfull or two of Verjuyce and whole Mace, and as many Prunes as will garniſh a diſh, which ſhould be put in when it is but halfe boyled, and ſo pour it upon the Lambs head and Purtenance, and adorn the ſides of the diſh with Sugar, Prunes, Barberies, Orenges, and Lemons, and in no caſe forget not to ſeaſon it well with ſalt, and to ſerve it up.

A Breaſt of Mutton ſtew'd.

Take a very good breaſt of Mutton chopt into ſundry large peeces, and when it is clean waſht, put it into a pipkin with fair water, and ſet it on the fire to boyl; then skumme it very well, then put in of the fineſt parſnips cut into large peeces as long as ones hand, and clean waſht and ſcrapt; then good ſtore of the beſt Onyons, and all manner of ſweet pleaſant Pot herbs and Lettice, all groſſely chopt, and good ſtore of Pepper and Salt, and then cover it, and let it ſtew till the Mutton be enough, then take up the mutton, and lay it in a clean diſh with ſippets, and to the broth put a little wine vinegar, and ſo pour it on the mutton with the Parſenips whole, and adorn the ſides of the diſh with Suger, and ſo ſerve it up. And as you do with the breſt, ſo you may doe with any other joynt of Mutton.

To ſtew a Neats foot.

Take a Neats foot that is very well boyld (for the tenderer it is the better it is, and cleave it in two, and with a clean cloath dry it well from the Souſe-drink, then lay it in a deep earthen platter and cover it with Verjuyce, then ſet it on a Chafingdiſh and coals and put to it a few Currants and as many Prunes as will garniſh the diſh, then cover it and let it boyl well, many times ſtirring it up with your Knife, for fear it ſtick to the bottom of the diſh; then when it is ſufficiently ſtewed; which will appear by the tenderneſs of the meat and ſoftneſs of the fruit, then put in a good lump of butter, great ſtore of Suger and Cinamon; and let it boyl a little after: then put it altogether into a clean diſh with ſippets and adorn the ſides of the diſh with Suger and Prunes, and ſo ſerve it up.

Of Roaſt meats.

To proceed then to Roaſt meats, it is to be underſtood, that in

that in the generall knowledge thereof are to be obſerved theſe few rules. Firſt the clean keeping and ſcouring of the ſpits and cob-irons; next the neat picking and waſhing of meat, before it be ſpitted, then the ſpitting and broaching of meat, which muſt be done ſo ſtrongly and firmly, that the meat may by no means either ſhrink from the ſpit, or elſe turn about the ſpit: & yet ever to obſerve that the ſpit do not go through any principal part of the meat, but ſuch as is of leaſt account and eſtimation; and if it be birds, or fowl which you ſpit, then to let the ſpit go through the hollow of the body of the fowl, and ſo faſten it with pricks or skewers under the wings about the thighs of the fowl, and at the feet or Rump, according to your manner of truſſing and dreſſing them. Obſervations in roaſt meats. Spitting of roaſt meats.

Then to know the Temperatures of fires for every meat, and which have a ſlow fire, and yet a good one, taking leaſure in roaſting, as Chines of Beef, Swans, Turkies, Peacocks, Buſtards, and generally any great large Fowle, or any other Joynts of Mutton, Veal, Duck, Kidde, Lamb, or ſuch like: whether it be Veniſon red or Fallow; which indeed would lye long at the fire, and ſoak well in the roaſting, and which would have a quick and ſharp fire without ſcorching; as Piggs, Pullets, Pheaſants, Partridges, Quails, and all ſorts of middle ſized, or leſſe fowl, and all ſmall birds, or compound roaſt meats, as Olives of Veal, Huſſets; a pound of butter roaſted, or puddings ſimple of themſelves, and many other ſuch like, which indeed would be ſuddenly and quickly diſpatcht, becauſe it is intended in Cookery, that one of theſe diſhes muſt be made ready whilſt the other is in eating. Temperature of fires.

Then to know the complexions of meats, as which muſt be pale and white roaſted, and yet throughly roaſted, as Mutton, Lamb, Kid, Capon, Pullet, Pheaſant, Partridge, Veal, Quaile; and all ſorts of middle and ſmall land or water Fowl, & all ſmall birds; which muſt be ſo brown roaſted, as Beef, Veniſon, Porke, Swan, Geeſe, Piggs, Crane, Buſtards, or any large Fowl, or other thing whoſe fleſh is black. The complexions of meat.

Then to know the beſt baſtings for meat, which is ſweet Butter, ſweet Oyl, Barrel butter, or fine rendred up ſeam, with Cinamon, Cloves, and Mace. There be ſome that will baſte onely with Water and Salt, and nothing elſe: The beſt baſtings of meats

yet it is but opinion, and that muſt be the worlds Maſter alwayes.

The beſt dredging.

Then the beſt dredging, which is either fine white bread crumms, well grated; or elſe a little very white meal, and the crumms very well mixt together.

To know when meat is enough.

Laſtly to know when meat is roſted enough; for as much rawneſſe is unwholſome, ſo too much dryneſs is not nouriſhing. Therefore to know when it is in the perfect height, and is neither too moiſt nor too dry, you ſhall obſerve theſe ſigns: Firſt, in your large joynts of meat, when the ſteam or ſmoak of the meat meat aſcendeth, either upright or elſe goeth from the fire, when it beginneth a little to ſhrink from the ſpit, or when the gravy which droppeth from it is cleer without bloodyneſſe, then is the meat enough.

If it be a Pigge, when the eyes are fallen out, and the body leaveth Piping: for the firſt is when it is half roaſted, and would be ſindged to make the coat riſe, and crackle, and the latter when it is full enough, and would be drawn: or if it be any kind of Fowl you roaſt, when the thighs are tender, or the hinder parts of the pinions at the ſetting on of the wings, are without blood, then be ſure that your meat is fully enough roaſted: yet for a better and more certain aſſuredneſſe, you may thruſt your Knife into the thickeſt parts of the meat, and draw it out again, and if it bring out white gravy without any bloodineſſe, then aſſuredly it is enough, and may be drawn with all ſpeed convenient, after it hath been well baſted with butter not formerly melted, then dredging as aforeſaid, then baſted over the dredging and ſo ſuffered to take two or three turnes, to make criſp the dredging: Then diſh it in a fair diſh with ſalt ſprinkled over it, and ſo ſerve it forth. Thus you ſee the general form of roaſting all kind of meat: Therefore now I will return to ſome particular diſhes, together with their ſeveral ſawces.

Roaſting of Mutton with Oyſters.

If you will roaſt Mutton with Oyſters, take a ſhoulder alone or a legge, and after it is waſht, parboyl it a little: then take the great Oyſters and having opened them into a diſh, drain the gravy clean from them twice or thrice, then parboyl them a little: then take Spinage, Endive, Succory, Straw berry leaves, Violet leaves & a little Parſly, with ſome Scallions; chop theſe very ſmall toge-

together, then take your Oysters very dry drain'd and mix them with an half part of these herbs: then take your meat and with these Oysters and herbs farce or stop it, leaving no place empty, then spit it and roast it, and whilst it is in rosting, take good store of Verjuyce and Butter, and Salt, and set it in a dish on a chafing dish and coals; and when it begins to boyl put in the remainder of your herbs without Oysters and a good quantity of Currants, with Cinamon, and the yolks of a couple of eggs. And after they are well boyled and stirred together, season it up according to your taste with Suger; then put in a few Lemmon slices: the meat being enough draw it, and lay it upon this sawce removed into a clean dish, the edge thereof being trimmed about with Suger and so serve it forth.

To roast a Leg of Mutton after an Outlandish fashion, you shall take it after it is wash'd, and cut off all the flesh from the bone leaving onely the outmost skinne intirely whole and fast to the bone; then take thick Cream and the yolks of eggs, and beat them exceedingly well together; then put to Cinamon, Mace, and a little Nutmegge with Salt: then take bread crumms, finely grated and searst with good store of Currants, and as you mixe them with the Cream, put in Suger and so make it into a good stiffnesse: Now if you would have it look green, put in the juyce of sweet herbs, as Spinage, Violet leaves, Endive, &c. If you would have it yellow, then put in a little Saffron strained, and with this fill up the skin of your legge of Mutton in the same shape and form that it was before, and stick the out side of the skinne thick with Cloves, and so roast it throughly and baste it very well, then after it is dredg'd serve it up as a legge of Mutton with this pudding, for indeed it is no other, you may stop any other joynt of meat, as brest or loyn, or the belly of any fowl boyled or roast, or Rabbet or any meat else which hath skin or emptiest, If into this pudding also you bray the inward pith of an Oxes back, it is both good in taste, and excellent soveraign for any disease, ach, or flux in the reins whatsoever.

To roast a leg of Mutton otherwise.

To roast a Gigget of Mutton, which is the legge splatted and half part of the loyn together, you shall after it is washe stop it with Cloves, so spit it and lay it to the fire, and tend it well with basting; then you shall take Vineger, Butter, and

To roast a Gigget of Mutton.

Currants, and ſet them on a fire in a diſh or pipkin ; then when it boyles you ſhall put in ſweet herbes finely chopt, with the yolk of a couple of eggs, and ſo let them boyl together : then the meat being half roſted, you ſhall pare off ſome part of the leaneſt and brown, then ſhred it very ſmall, and put it into the pipkin alſo : then ſeaſon it up with Suger, Cinamon, Ginger, and Salt, and ſo put it into a clean diſh, then draw the Gigget of Mutton and lay it on the ſauce, and throw ſalt on the top and ſo ſerve it up.

To roaſt Olives of Veal.

You ſhall take of a legge of Veal and cut the fleſh from the bones, and cut it out into thin long ſlices : then take ſweet herbs, and the white part of Scallions, and chop them well together with the yolks of eggs, then role it up within the ſlices of Veal, and ſo ſpit them and roaſt them : then boyl Verjuyce, Butter, Suger, Cinamon, Currants and ſweet herbs together, and being ſeaſoned with a little ſalt, ſerve the Olives up upon the ſauce with ſalt caſt over them.

To Roaſt a Pigge.

To roſt a Pigge curiouſly, you ſhall not ſcald it, but draw it with the hair on, then having waſht it, ſpit it and lay it to the fire, ſo as it may not ſcorch, then being a quarter roaſted, and the skinne bliſtered from the fleſh with your hand pull away the hair and skin, and leave all the fat and fleſh perfectly bare : then with your knife ſcotch all the fleſh down to the bones, then baſte it exceedingly with ſweet butter and Cream, being no more but warm : then dredge it with fine bread crums, currants, ſuger, and ſalt mixt together ; and thus apply dredging upon baſting, and baſting upon dredging, till you have covered all the fleſh a full inch deep : Then the meat being fully roſted, draw it, and ſerve it up whole.

To Roaſt a pound of Butter well.

To roaſt a pound of butter curiouſly and well, you ſhall take a pound of ſweet butter, and beat it ſtiff with Suger and the yolks of Eggs, then clap it round wiſe about a ſpit, and lay it before a ſoft fire, and preſently dredge it with the dredging before appoynted for the Pig : then as it warmeth or melteth, ſo apply it with dredging till the butter be overcommed and no more will melt to fall from it : then roaſt it brown, and ſo draw it, and ſerve it out, the diſh being as neatly trim'd with Suger as may be.

To roaſt a pudding upon a ſpit you ſhall mixe the pudding be-

before ſpoken of in the leg of Mutton, neither omitting herbs or ſaffron, and put to a little ſweet butter and mixe it very ſtiff, then fold it about the ſpit, and have ready in another diſh ſome of the ſame mixture well ſeaſoned, but a great deal thinner, and no butter at all in it; and when the pudding doth begin to roaſt, and that the butter appears, then with a ſpoon cover it all over with the thinner mixture, and ſo let it roſt: then if you ſee no more butter appear, then baſte it as you did the Pigge, and lay more of the mixture on, and ſo continue till all be ſpent; and then roaſt it brown and ſo ſerve it up. To Roaſt a pudding on a ſpit.

If you will Roaſt a Chine of Beef, a loyn of Mutton, a Capon, and a Lark, all at one inſtant, and at one fire, and have all ready together and none burnt, you ſhall firſt take your Chine of Beef and parboyl it more than half through: Then firſt take your Capon, being large and fat, and ſpit it next the hand of the turner, with the leggs from the fire, then ſpit the Chine of Beef then the Lark, and laſtly the loyn of Mutton, and place the Lark ſo as it may be covered over with the beef and the fat part of the Loyn of Mutton, without any part diſcloſed; then baſte your Capon and your loyn of Mutton with cold water and ſalt, the Chine of beef with boyling Lard, then when you ſee the beef is almoſt enough, which you ſhall haſten by ſcotching and opening of it, then with a clean cloath you ſhall wipe the Mutton and Capon all over, and then baſte it with ſweet butter till all bee enough roſted; then with your knife lay the Lark open, which by this time will be ſtewed between the beef and mutton, and baſting it alſo with dredge altogether, draw them and ſerve them up. To Roaſt a Chine of Beef, Loyn of Mutton, Lark and Capon at one fire, and at one inſtant.

If you will Roaſt any Veniſon, after you have waſht it & cleanſed all the blood from it, you ſhall ſtick it with cloves all over on the outſide; & if it be leane, you ſhall lard it either with mutton lard, or pork lard, but mutton is the beſt: then ſpit it and roſt it by a ſoaking fire, then take vineger, bread crumms, and ſome of the gravy which comes from the veniſon, and boyl them well in a diſh: then ſeaſon it with ſuger, cinamon, ginger and ſalt, and ſerve the veniſon forth upon the ſawce when it is roſted enough. To Roaſt Veniſon.

If you will Roaſt a piece of freſh Sturgeon, which is a dainty diſh, you ſhall ſtop it with Cloves, then ſpit it, and let it Roaſt at great leiſure, plying it continually with baſting, which will take

take away the hardneſſe: then when it is enough you ſhal draw it and ſerve it upon Veniſon ſawce, with ſalt only thrown upon it.

The Roaſting of all ſorts of meats differeth nothing but in the fire, ſpeed and leiſure as is aforeſaid, except theſe compound diſhes, of which I have given you ſufficient preſidents, and by them you may perform any work whatſoever: but for the ordering, preparing, and truſſing your meat for the ſpit or Table, in that there is much difference: for in all joynts of meat except a ſhoulder of Mutton, you ſhall cruſh and break the joynts well; from Pigges and Rabbets you ſhall cut off the feet before you ſpit them, and the heads when you ſerve them to the Table; and the Pigg you ſhall chine and divide into two parts: Capons, Pheaſant, Chickens, and Turkies you ſhall roaſt with the Pinions folded up, and the legges extended: Hens, Stock-doves, and Houſ doves, you ſhall Roſte with the Pinions folded, and the legs cut off by the knees and thruſt into the bodies: Quails, Partridges, and all ſorts of ſmall Birds ſhall have their Pinions cut away, and the legs extended: all ſorts of Water fowl ſhall have their Pinions cut away, and their legs turned backwards: Wood cocks, Snipes and Stint ſhall be Roaſted with their Heads and Necks on, and their legs thruſt in to their bodyes, and Shovelers and Bitturns ſhall have no necks but their heads only.

To Roaſt a Cows Udder.

Take a Cows Udder, and firſt boyl it well; then ſtick it thick all over with Cloves: then when it is cold ſpit it, and lay it on the fire, and apply it very well with baſting of ſweet butter, and when it is ſufficiently roſted and brown, then dredge it, and draw it from the fire, take vinegar and butter, and put it on a chafingdiſh and coals, and boyl it with White bread crum, till it be thick: then put to it good ſtore of Suger and cynamon, and putting it into a clean diſh, lay the Cows Udder therein, and trim the ſides of the diſh with Suger, and ſo ſerve it up.

To Roaſt a Fillet of Veal.

Take an excellent good leg of Veal, and cut the thick part thereof, a handfull and more from the Knucle: then take the thick part (which is the fillet) and farce it in every part all over with Strawbury leaves, Sorrell, Spinage, Endive, and Suc-

Succory groſſely chopt together, and good ſtore of Onions, then lay it to the fire and roaſt it very ſufficiently and brown, caſting good ſtore of Salt upon it, and baſting it well with ſweet butter: then take of the former herbs much finer chopt than they were for farcing, and put them into a Pipkin with Vinegar and clean waſht Currants, and boyl them well together; then when the herbs are ſufficiently boyled and ſoft, take the yolks of foure very hard boyled Eggs, and ſhred them very ſmall, and put them into the Pipkin alſo with Suger and Cinamon and ſome of the gravy which drops from the Veal, and boyl it over again, and then put it into a clean diſh, and the fillet being dredged and drawn, lay upon it and trim the ſide of the diſh with Suger, and ſo ſerve it up.

To make an excellent Sauce for a roſt Capon, you ſhall take Onions, and having ſliced and peeled them, boyle them in fair water with Pepper, Salt, and a few bread crummes: then put unto it a ſpoonfull or two of claret Wine, the juyce of an Orenge, and three or four ſlices of Lemmon peel: all theſe ſhred together, and ſo pour it upon the Capon being broke up.

To make a ſawce for an old Hen or Pullet, take a good quantity of Beer and Salt, and mixe them well together with a few fine bread crummes, and boyl them on a chaffing diſh and coals; then take the yolks of three or four hard Egges, and being ſhred ſmall put it to the beer, and boyl it alſo: then the Hen being almoſt enough, take three or four ſpoonfulls of the gravy which comes from her, and put it in alſo, and boyl all together to an indifferent thickneſs: which done, ſuffer it to boyl no more, but only to keep it warm on the fire, and put into it the juyce of two or three Orenges, and the ſlices of Lemmon-peel ſhred ſmall, and the ſlices of Orenges, having alſo the upper rind taken away: then the Hen being broke up take the brains thereof, and ſhredding them ſmall, put it into the ſawce alſo, and ſtirring all well together, put it not into a clean warme diſh, and lay the Henne (broke up) in the ſame.

The Sawce for Chickens is divers, according to mens tastes: for ſome will only have Butter, Verjuyce, and a little Parſly